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From best to mess

The history of the TTC's long, painful decline.

PAGE 8

TEARS FOR ELIJAH

A mourner leaves a visitation for Elijah Marsh at Vescio Funeral Home on Thursday. Elijah died last week after leaving his home in the early morning hours and succumbing to the winter elements. Story on page 7. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Transit tune-up aims to deliver

Trains. Scarborough's trains are getting a makeover until they can be replaced a decade from now

Quoted

"It is not going to give you a much smoother ride and we'll still get the same whining noise, but it will push that reliability back up to where it used to be."

Mike Palmer, TTC

Nearly crippled by old age, the 30-year-old Scarborough RT is getting a makeover while riders wait for the subway extension that's supposed to replace it in eight or nine years.

The little trains that deliver 4.7 million rides a year and resemble small subway cars are being overhauled inside and out so the line can operate reliably and comfortably for the next decade, said TTC deputy chief operating officer Mike Palmer.

The SRT, which passed its best-before date years ago, is increasingly unreliable, particularly in winter.

For years the TTC has tried to keep the SRT running on a shoestring while the city debated whether to upgrade it or replace it with a different transit technology.

"It's got to that point where we can't patch it up anymore. We have to do something about it," said Palmer, who says the makeover will see the SRT through the next decade.

Last year, it was out of service for about 291 hours, more than twice the 136 out-of-service hours it logged in 2010.

"We've had two significant shutdowns in the last month, though the second one is directly down to snow," he said.

As part of the makeover, the TTC will replace the motors and all the under-car parts that contribute to the SRT's infamous rattle.

The TTC is partnering with Vancouver, which uses the SRT technology on its SkyTrain, and is sourcing parts from Bombardier and other suppliers to address the SRT's mechanical issues.

The first of the 14 cars is already getting a fresh blue wrap to cover its "scrappy" fiberglass and metal exterior.

The Line 3 name and its six stops will be part of the new look and an updated train will run for a while before the rest of the fleet is wrapped, to give riders a chance to offer feedback.

The interior will also get a floor-to-ceiling overhaul, making it cleaner and brighter and designating space for wheelchairs, mobility devices, and strollers.

In April, the TTC plans to shut down the SRT for three or four weekends while it clears the guideway of leaves and refurbishes the old Thales signal system before the Pan Am Games. It's considered a key transit link to the aquatic centre at the U of T Scarborough campus.

Rebuilding the SRT is more economical than the other potential solution, which was to replace it with buses. It would take about 50 new buses and a garage to carry the same number of TTC riders.

It's expected to cost $132 million to refurbish the SRT and keep it operational for a decade, including $16 million that was approved in this year's TTC capital budget. TORSTAR NEWS SERVICE

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NEWS

Frustration over how U of T deals with sex assault victims

Study. Survey asks students to rate their experiences and perceptions of campus police, counselling and psychological services

GILBERT NGABO
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A University of Toronto advocacy group is asking the school to move faster on changes to services available for sexual assault victims.

"You hear many, many stories and they all have a common theme: Something happened and I wanted help, and I went to look for it, and I was turned away," said Katrina Vogan, founder of the Thrive initiative.

The group formed last year in response to growing concerns about sexual assault on campus. Members launched a survey this month, asking students to rate their experiences and perceptions of campus police, counselling, psychological services and the community safety office.

More than 350 responses have been received, Vogan said, and a central theme has developed: students, she said, are "extremely frustrated."

"People are reporting being completely shut out of services, getting in and never hearing back or being frustrated because no one is listening," she said. "We just want to bring a change so that we don't get to hear those themes anymore."

The survey is ongoing, but, based on what students have said so far, Thrive plans to recommend the university hire more counsellors and increase awareness about services that are available.

A formal, and likely longer, list of recommendations will be presented to school administrators once more responses are gathered, Vogan said.

The university has established an advisory committee to review the way it deals with sexual assaults on campus and bring suggestions to the president and provost, a U of T spokeswoman said in an email to Metro.

Similar action is happening at other universities across Ontario after an investigation showed most don't have special policies to deal with sexual assault, including U of T, Ryerson and York University.

Vogan and others involved in Thrive don't want to wait for a lengthy review by administrators.

"Behind every statistic that we hear, there's a real story of a human being, and often it's a very painful story," she said.

At a glance

- Statistics show that one in five female students experience a sexual assault on Canadian campuses.
- Students involved in the Thrive initiative at University of Toronto say the number is likely much larger because many cases of sexual assault go unreported.
- Along with calling for action on sexual-assault policies, the group is vowing to make sure voices of more victims are heard through a project called And Then.
- Students are collecting and publishing stories of those who have experienced sexual violence and say they couldn't access the services they needed.

On the roads

City investigates whether concrete chunk fell from the Gardiner

Toronto's works department is investigating whether a chunk of concrete that smashed down onto a minivan fell from the Gardiner Expressway above.

Huma Siddiqi of Markham, who was stopped around 5 p.m. Tuesday on Lower Spadina Avenue waiting to turn on to Lake Shore Boulevard, said her son Ali was driving the vehicle in front of her.

"I heard a loud bang and thought a car had hit another car but looked back and saw my mother's windshield completely smashed with all sorts of concrete on the ground," he said Thursday.

Ali ran back and found his shocked, but uninjured, mother covered in glass.

A 30 centimetre by 15 centimetre chunk, with what appeared to be rusted steel rebar in it, had apparently fallen and broken into two pieces. There were many other bits of smaller concrete, he said.

TORSTAR NEWS SERVICE

Criminal defence lawyer for Jian Ghomeshi, Marie Henein, arrives at College Park Court on Thursday. A judicial pre-trial date has been set to hear the seven counts of sexual assault and one of choking against disgraced former CBC Radio host Ghomeshi. CHRIS SO/TORSTAR NEWS SERVICE

Pre-trial. Jian Ghomeshi case returns to court

A judicial pre-trial date has been set to hear the seven counts of sexual assault and one of choking against disgraced former CBC Radio host Jian Ghomeshi.

The pre-trial is scheduled for 10 a.m. on March 27 in a Toronto courtroom.

His lead lawyer, Marie Henein, arrived alone in the building lobby at 9:50 a.m. for a scheduled hearing on Thursday. She said as she left at 10:40 a.m. after a brief hearing that she told the court was waiting for more material.

Ghomeshi's case was last in court Feb. 4 at which he didn't appear.

On that day, as counsel Danielle Robitaille told court her legal team had received more than 1,000 documents related to the Crown's allegations but were seeking more.

The 47-year-old Ghomeshi faces seven counts of sexual assault and one of overcoming resistance by choking for incidents alleged to have occurred in 2002, 2003 and 2008.

Ghomeshi has admitted he engaged in rough sex but insisted it was always consensual and has vowed to fight the allegations in court.

Henein has said he will plead not guilty to all charges.

CBC fired Ghomeshi in October after executives saw what they described as graphic evidence that he had physically injured a woman.

Ghomeshi's bail conditions require him to remain in Ontario and live with his mother.

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Rob Ford is selling the tie he was wearing when he admitted to smoking crack cocaine, as well as other mementos of his mayoralty on eBay. CHRIS YOUNG/THE CANADIAN PRESS

Crack admission tie auction 'depressing'

City hall. Expert says ex-mayor's latest PR stunt 'would never work for anyone else'

Quoted

"He needs to think of how he'll broaden himself beyond the circus act audience."

Siri Agrelll, vice president of public relations giant Pilot PMR

LUKE SIMCOE
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Rob Ford's latest stunt, selling mementos of his mayoralty on eBay, is yet another example of how he can get away with things his political peers could only dream of, says one expert.

The former mayor announced earlier this month he would be auctioning off collectibles and giving 10 per cent of the proceeds to charity. The latest item up for bids is the tie he wore when he admitted to smoking crack cocaine.

Thursday night, bidding for the crack-addled cravat had surpassed $7,000.

"It's a PR win in the most depressing way," said Siri Agrell, vice president of public relations giant Pilot PMR. "It would never work for anyone else, let alone another elected official."

Agrell said that by turning items associated with his drug use into mere memorabilia, Ford is downplaying his transgressions.

"He's managed to make the city think of his crimes as victimless," she said, noting 21-year-old Anthony Smith was murdered in an altercation police believe was connected to the infamous crack video.

Ford — who is battling cancer — has made no secret of his desire to run for mayor in 2018. Agrell believes the eBay auction is part of a strategy to maintain his public profile.

"By now, he knows very well how to get himself in front of the cameras and on the news," she said. "And you don't do it through white paper releases and reasonable policy proposals. You do it by hawking your stuff on eBay."

While such ploys may keep some aboard the Ford wagon, Agrell said the Ward 2 councillor will have to get serious if he expects to topple Mayor John Tory.

"If he wants to run again, he needs to think of how he'll broaden himself beyond the circus act audience," she said.

Ford to end radiation therapy

Former Toronto Mayor Rob Ford says his radiation treatments for a rare form of abdominal cancer are ending Thursday and he will know soon if doctors can operate.

Ford received chemotherapy and radiation for the tumour that was discovered last September, prompting him to abandon his bid for re-election as mayor.

He ran for his old council seat instead, winning the Ward 2 — Etobicoke North seat in the Oct. 27 municipal vote.

Ford says he plans to take a trip with his family before doctors take the next step.

The former mayor says when he returns, doctors will perform an MRI that will determine if the tumour is small enough to operate.

He says if it is small enough, doctors would operate at the end of April or the beginning of May.

"If it's not small enough, then that's not good news," Ford said.

"So we'll just take one step and a time."

THE CANADIAN PRESS

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Queers Against Israeli Apartheid disbands

Palestinian rights group Queers Against Israeli Apartheid is shutting itself down after seven years of activism and controversy.

Tim McCaskell, one of the group's organizers, announced in a news release Thursday that QuAIA will "officially retire" at the end of this month.

The group educated Canadians about the Israeli "occupation", popularized the terms "Israeli apartheid" and "pinkwashing" and inspired QuAIA groups in queer communities around the world," he said.

But deteriorating Middle East conditions and Canada's attempts to "suppress" boycott, divestment and sanction efforts "pulled activist energies in many directions," and QuAIA members to other groups and cities. "We decided that retiring QuAIA allows us all to develop new strategies for supporting the Palestine solidarity movement and to make new links across oppressions in our communities," McCaskell said.

Avi Benlolo, chief executive of the Friends of Simon Wiesenthal Centre for Holocaust Studies, and a past critic of what he called a "fringe group", welcomed QuAIA's decision but doubted the stated reason.

"It's quite obvious that they would lose momentum," Benlolo said. "With extremist massacres in Syria, ISIS going around cutting people's heads off, Iran executing gays ... why would anybody be going after Israel with its pride parades in Tel Aviv and Jerusalem?"

TORSTAR NEWS SERVICE

'Human rights'

QuAIA formed in 2008 during Israeli Apartheid Week at the U of T amid concerns Israel was using "gay rights to divert international attention away from the state's violation of Palestinian human rights."

February 27 to March 5

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Chelsea Dalton collected this much trash during her weeklong Waste Bucket Challenge. CONTRIBUTED

Keep track of your trash

Environment. Group challenging people to keep the waste they create throughout the day as a way of visualizing what's headed to landfills

GILBERT NGABO
gilbert.ngabo@metronews.ca

How much trash do you produce every week?

A group called The Ontario College and University Sustainability Professionals is challenging people to keep track and, ultimately, use the piling heaps as a way to become less wasteful.

The group's Waste Bucket Challenge asks people to carry the waste they create throughout the day, in a bag, as a way of visualizing what's headed to landfills.

Group members just completed the exercise themselves. It proved an eye-opener even for pros like Toronto's Chelsea Dalton. Dalton, an environmental sustainability coordinator at University of Toronto Mississauga, composts and recycles as part of her daily routine.

The majority of what she collected during her week was food packaging, and she resorted to a reusable coffee mug as a way to help cut back. "At the end of the week, I had a little bit more waste than I would have imagined," she said.

After issuing a direct challenge to a few other people, she's taken the extra step of extending her challenge — making it a one-month trial.

The exercise has been mentally demanding, Dalton said. Not only do you have to be constantly aware of your habits, you have to be prepared for the way others react.

"I got a lot of strange looks," said Dalton, who started keeping her trash in a Ziploc bag as smells started to creep in.

Dalton hopes the challenge will make people think about ways to reduce waste and work towards creating no waste at all. "People congratulate me for keeping my waste to a simple bag, but sadly that whole thing is going to sit in landfills for 350 years or something," she said. "We should strive to cut all that."

CPR

Kids learn lifesaving

Dozens of children are becoming the latest to learn how to save a life, thanks to a city program.

Staff at the Toronto Paramedic Services' Safe City program staff have arranged for 60 Grade 6 students at Palmerston Avenue Junior Public School for a CPR lesson. The cardiopulmonary resuscitation program, a city release said, is in recognition of Heart Month.

The lessons involve showing how to recognize when someone is unresponsive and not breathing, and include hands-on CPR and use of a defibrillator. METRO

Toronto bars remember stem cell advocate

Chris Taylor. Memorials to be held at four of the city's bars to support stem cell network

Toronto bars are planning a March to remember Chris Taylor. It's not a march through the streets. Rather, it's a month-long initiative that will see special parties every Sunday with proceeds from cover charges donated to Taylor's fiancée, Michelle Martin, and One-Match Stem Cell Network.

Taylor, who worked as general manager of entertainment district bar Grace O'Malley's, died earlier this month after a three-year battle with leukemia. Taylor, 37, spent many of those years promoting stem cell donation through the One-Match Stem Cell Network run by Canadian Blood Services.

Dirk Aumueller, the new manager of Grace O'Malley's, said the idea came as Taylor's colleagues were honouring his life together recently at the bar. Raising money through a celebration fits Taylor's "spirit," he said. "If any of us were in his shoes he would have done the same."

Taylor became ill in 2012 and waited years for a stem cell transplant. The first match found for him was unable to donate and the second match backed out. A third donor was found, and Taylor underwent the necessary surgery. The procedure weakened his immune system though, leaving him susceptible to pneumonia.

Memorial parties to honour Taylor begin March 1 at Baby Huey, continuing March 8 at The Underground, March 15 at The Hideout, and March 22 at Grace O'Malley's.

JESSICA SMITH CROSS/METRO

Throughout his illness, Chris Taylor spoke out about OneMatch and urged young people to become stem cell donors. METRO FILE

Elijah Marsh. Toronto mourns loss of toddler

The godmother of a Toronto toddler whose death last week prompted a national outpouring of grief said the boy captured people's hearts from the moment he was born.

Three-year-old Elijah Marsh died a week ago after wandering outside in the middle of a bitterly cold night dressed only in a shirt, diapers and boots, sparking a search that gripped people across the country.

A public visitation held for him Thursday drew a steady trickle of visitors, including many who had never met the child or his family before the tragedy. A funeral planned for Saturday will also be open to the public.

Some of those closest to Elijah remembered him as unique, loving and wise beyond his years.

"He was so funny. He's such an old soul," the boy's godmother, Laila Bellomy, said.

"He just had that effect on people," she said outside the visitation. "He was just a perfect little dude, you couldn't help but fall in love with him."

Elijah's relatives are struggling with the loss but "holding on," and appreciate the support they've received from friends and strangers alike, family friend Lenore Butcher said.

The child's death seemed to strike a particular chord with parents, said Stevano Ugo, who also came to say his last goodbyes to a boy he had never met in life.

"This also makes a lot of parents realize how vulnerable they are — I haven't been able to let go of my son," he said.

An online fundraising campaign to raise money for Elijah's funeral brought in a total of $173,557. THE CANADIAN PRESS

Elijah Marsh was mourned by a crowd at Vescio Funeral Home. He died last week in a tragedy that's brought heartbreak to Toronto and beyond.

TORSTAR NEWS SERVICE

Case remanded for mom who let son wander out into cold

The case of a mother whose four-year-old boy wandered naked out in the cold in west Toronto is due back in court next month.

The 23-year-old woman, who cannot be identified under a publication ban, was granted bail last Saturday after being charged with abandoning a child under 10.

Another hearing has been scheduled for March 23.

The woman's son was found outside in frigid weather by a neighbour last Friday, a day after another Toronto boy died after spending hours in the bitter cold wearing only a shirt, diaper and boots.

Three-year-old Elijah Marsh left his grandmother's apartment building in the night and was found outside six hours later.

THE CANADIAN PRESS

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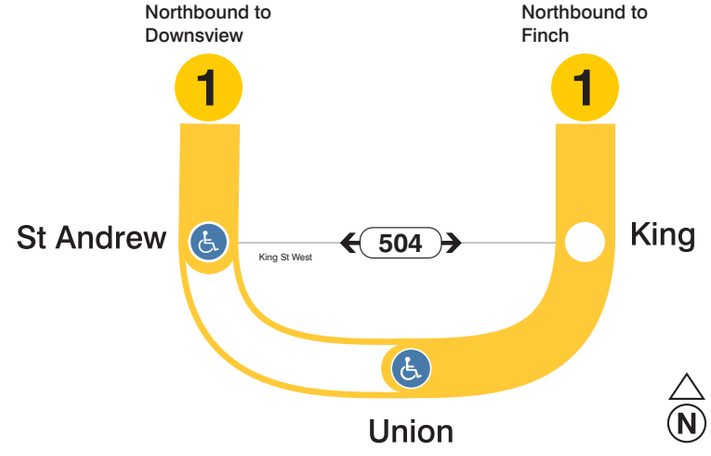
• February 28 – March 1, 2015



For detailed service information call 416-393-4636 or visit ttc.ca.

TORONTO TRANSIT COMMISSION

Take the nay train

In the 1950s, the TTC was an award-winning, profitable transit operator. Today, the system is overcrowded, crippled by cold weather and grappling with a serious infrastructure deficit. Metro asked two local transit historians, Edward Levy and James Bow, how we got from there to here.

LUKE SIMCOE
luke.simcoe@metronews.ca

1921

The TTC is formed and adds 35 routes over its first three decades. "Back then, the TTC was world-renowned as one of the most efficient transit operators," said Levy. "They used to win safety awards almost annually."

The first leg of the Yonge Subway is built, financed almost entirely by TTC revenues.

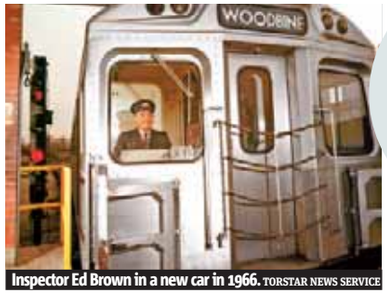
1954

Metro Toronto is formed, expanding the TTC's coverage area six-fold. The cost of expansion begins to outstrip revenues.

"In 1954, the TTC operated at sufficient profit. By 1959, the TTC required Metro Toronto to forgive its property taxes and offer a small subsidy to pay for the University subway."
James Bow, transit historian

1966

Municipal and provincial funding is needed to build the first leg of the Bloor-Danforth subway line.



Inspector Ed Brown in a new car in 1966. TORSTAR NEWS SERVICE

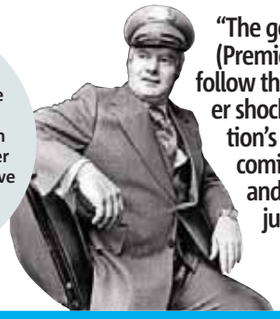
1972

The last year the TTC posts a profit. It is also the year the province cancels the Spadina Expressway. Premier Bill Davis' alternative is a space-age magnet train that never gets off the ground.

"Ever since politics took over and political meddling became the order of the day, that was the end of progress."
Edward Levy noting 1972 marks the beginning of Toronto's modern transit era, where one failed plan simply rolls into the next

1973

The municipal government cancels the TTC's zone-fare system, which charged suburban residents more for longer trips downtown. The move further strains TTC coffers.



"The governments that came after (Premier Davis, seen at left) would follow the pattern of expressing sticker shock at the previous administration's rapid transit plans, delay in coming up with their own plans, and then unveil their new plans just in time to be defeated by the next government."
James Bow, transit historian

Davis scraps light-rail plans for Scarborough, opting for an untested above-ground subway. The SRT runs $100 million over budget and is delayed a year. Fearing a similar debacle, his successors enter a holding pattern.

1985

1995

Premier Mike Harris cancels the Network 2011 subways plan. Only part of Sheppard Line is built. In '96, he will pull provincial funding from the TTC. "We've been struggling to get out of that pit ever since," said Bow.

A fatal subway crash in August highlights the declining state of TTC infrastructure. TTC manager David Gunn institutes a state of good repair policy and boosts customer service. Ridership starts to improve.

Premier Harris reinstates provincial funding for the TTC, chipping in a third of the system's operating budget.

City council, under Mayor Rob Ford, votes to reduce the TTC's budget by $70M. Ford also eliminates the vehicle registration tax, which Levy said could have been used to fund transit or "the maintenance of what we already have."

2001

2011

Timing

'Toronto became a city too late'

The history of the TTC is marred by political interference and fiscal foibles, but the largest obstacle to its success may have been timing.

"Toronto became a city too late," says Edward Levy, author of Rapid Transit in Toronto. "New York, London and Paris all became cities and built transit before the automobile caught on."

The rise of the post-war car culture meant transit had to compete with highways and byways for funding. The shift also caused a migration out of cities and into newly built suburbs, sapping political will for transit projects in areas like downtown Toronto.

As that trend reverses and Canadians return to urban centres, people like Transit in Toronto blogger James Bow are feeling "cautiously optimistic" about the future of the TTC.

"If we want a rapid transit network that serves Torontonians well ... we simply have to find the money and the political will to pay for it," he said. "And John Tory's new funding initiative is a big first step towards that."

Toronto chefs ready for potato chip battle

Food. Restaurants vying for top honours in chip-off

ROSEMARY WESTWOOD
rosemary.westwood@metronews.ca

Gabardine chef Graham Pratt plans to spend his weekend awash in potato chips as he perfects his recipe in advance of a big chip battle on Monday. Owner Katherine Rodrigues was happy to help him get a head start on Thursday. DAVID VAN DYKE/METRO

The perfect potato chip is golden, not browned, not too thick or too thin, slightly oily and perfectly salted.

At least, that's how Graham Pratt sees it.

The chef at Toronto restaurant The Gabardine is one of seven due for a Monday night battle to decide, once and for all, who can perfect that most perfect of snacks.

The winner will be headed to P.E.I. to compete for a $10,000 prize in an international competition sponsored by, what else, the PEI Potato Board.

"It would be amazing," Pratt said of a possible win.

"I'm trying out a couple of different things to try to make a perfect potato chip."

Hosted by the Drake Hotel, the Chips n' Dip Battle is part of an ongoing series that pits Toronto chefs against one another in reality-TV style.

Pratt's been to the arena before. He recently won people's choice in a birthday cake bake-off.

"These competitions are great because it's hard for chefs to get together outside of our places, and it's always fun regardless of whether you win or lose," he said.

Pratt will spend the weekend testing his chip-and-dip strategies. It is perhaps a good thing that he's a fan of the simple, salty, fried potato.

"I love potato chips," he said.

"They're the best."

The lowdown

Chips n' Dip Battle

- The action starts at 8 p.m. Monday March 2 at Drake Hotel
- It will feature chefs from Parts & Labour, Rock Lobster, Mr. Flamingo, Hopgood's Foodliner, The Gabardine, The Harbord Room, Providore and Kung Fu Dawg.

Ford adding 400 jobs at Oakville plant to produce redesigned Edge

Ford Motor Co. announced the addition of 400 new jobs to its assembly plant in Oakville, Ont., Thursday as it officially launched production of the new Edge crossover SUV — a vehicle which will be built for Canada, the U.S. and a number of other countries.

The new jobs were on top of 1,000 positions the automotive company had announced in October as the plant geared up to build the redesigned Edge with a $700 million investment in the plant west of Toronto.

"It is my privilege to celebrate the start of production of the all new 2015 Ford Edge, redesigned from wheels to roof and everything in between," Joe Hinrichs, president of Ford's Americas division, said at the Oakville plant.

"This is truly a global vehicle that we are planning to export to more than 100 countries around the world from right here in Oakville."

The redesigned Edge is expected to go on sale this spring in Canada and the United States, Hinrichs said.

Ford will also export the Edge to Western Europe for the first time, but Hinrichs noted that the vehicle had a North American design.

Ford said global demand for utility vehicles is up 88 per cent since 2008 and they now account for 19 per cent of the global automotive market.

Transport Minister Lisa Raitt, member of Parliament for a nearby constituency, said Ford's investment at the Oakville plant would reinforce Canada's reputation as "the maker of some of the best and most innovative cars anywhere in the world."

First opened in 1953, the Oakville assembly plant also produces the Ford Flex and the Lincoln MKT.

The facility has approximately 4,500 employees.

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Menswear that's designed to be noticed

Night out. Joao Paulo Guedes won Emerging Menswear Designer Award at last year's TOM* Fashion Week

Follow along as Andrew takes an intriguing person out for a night on the town, visiting some of Toronto's newest hot spots and offering tips on how you can create your own date night.

DOBBER DATES
Andrew John Virtue Dobson
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@dobbernation

I was looking forward to going on a date with fashion designer Joao Paulo Guedes, winner of last year's Emerging Menswear Designer Award at TOM* Fashion Week.

We met for brunch in Yorkville at La Société, sipping champagne muddled cocktails under a gorgeous stained-glass ceiling. Our chat took place as we ate blueberry ricotta pancakes and plump Eggs Benedict slathered in creamy hollandaise.

Guedes was born in Brazil and has spent his last six years living in Toronto. Both places have influenced his work.

"I love prints and colour and Brazil is a tropical country where it's all about brightness and patterns," he says. "But my new home is an international city with neighborhoods that offer influence from many countries which allows me to be creative in new ways."

With TOM* runway shows having taken place all this week, including a showcasing of Guedes' own collection on Wednesday, I asked him how last year's win impacted his career.

"I got a lot of great press last year from Forbes to Vogue Italia. Winning the award really helped get my name out there. This year I'm excited to have the opportunity to launch my first solo fashion show."

Showing your collection is one thing but as all artists know, the key to success is getting your work in front of the right people.

Joao Paulo Guedes had his first solo menswear show Wednesday at TOM* Fashion Week. ANDREW DOBSON/FOR METRO

In early March TOM* designers will be showcasing Trunk Shows in the Trump Residences, a marketplace for TOM* designers to interact one-on-one with buyers. Guedes chirps, "The fashion industry in Canada for men is conservative. I'm trying to be fun and original and hoping the teams at Jonathan & Olivia, Holt Renfrew Men and Harry Rosen are inspired by what I've created this season."

So what was the inspiration behind Guedes' collection this year?

"My starting off point was Gothic stained glass inspirations I saw in churches. Then I developed a colour theme with a darker palette so I could show off some more amazing custom designed prints. Fall and winter designing is much more fun and inspiring. I love layers and accessories.

"I want men to walk down the wintery city streets and feel original and well dressed, yet when they take their coat off at the bar, friends and strangers are still complimenting their outfit!"

Before and after the shows

Pre: Warm up over a hot bowl of ramen at Santouka on Dundas.

Post: Enjoy a few muddled martinis at Boutique Bar on Church Street.

TOM* dates: Ends Friday.

Tickets: tomfw.com

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Metrolinx to cash in on spaces above stations

Ontario's regional transportation agency expects to earn up to $76 million selling rights to build above four LRT stations it will construct on the new Eglinton Crosstown line.

On Friday, Metrolinx will issue requests for proposals to build above stations at Hollis Rd. in Weston, the northeast and southeast corners of Eglinton Ave. and Keele St., and the northeast corner of Bathurst St. and Eglinton.

The agency expects to earn between $14 million and $19 million per station from developers who build "mixed residential and retail spaces," which in turn increase ridership.

Metrolinx hopes to sell development rights later for other locations on the 25-station line.

"This is exciting for us, as it is the first example in recent times of achieving 'land value capture' in the GTA-Hamilton area, Metrolinx spokesperson Anne Marie Aikins said in an email.

Land value capture is one means of financing big projects, relying on the benefits from a jump in property values triggered by access to new transit.

By the numbers

$14-19M

What Metrolinx hopes to earn per station from developers contructing mixed residential and retail spaces above four stations on the Eglinton Crosstown line

Metrolinx hopes to choose a developer for each station by May and execute purchase agreements by December.

The province is paying the full $5.3-billion cost of the 25-station Crosstown line. Metrolinx plans to contract-out maintenance but the TTC will actually operate the line.

Councillor Josh Colle, the TTC chair, told reporters he is "shocked and amazed" the TTC is not doing more to leverage the value of its properties.

"Look at the Bloor (subway) line — 60 years later and we have nothing built, or two- and three-storey buildings, so I think it's a huge missed opportunity."

However, Colle said, as city rules stand now, the TTC is supposed to transfer surplus land to Build Toronto, a city agency tasked with maximizing revenue from the development and sale of surplus land. Torstar News Service reported last fall that, in 2013, Build did not make a single property sale.

Jennifer Keesmaat, the City of Toronto's chief planner, said in an email that, in discussions with Metrolinx, she argued against plans for single-storey stations and that, "in an urban context, station entrances should be integrated into buildings."

"I believe this is a critical approach to linking and integrating land-use planning with transit infrastructure investments," Keesmaat said.

"It should be noted that densification does not mean 'anything goes' or any intensification is good," she said, adding that the city's "built form" framework "provides direction to ensure this intensification is in keeping with the character of existing neighbourhoods."

TORSTAR NEWS SERVICE

A woman holds a sign as hundreds of people march through the Downtown Eastside in Vancouver during the 25th annual Women's Memorial March on Feb. 14. The march is held to honour missing and murdered women and girls from the community. DARRYL DYCK/THE CANADIAN PRESS

Roundtable 'a start' of national dialogue

Ottawa. Friday's gathering will focus on missing, murdered indigenous women

Dawn Harvard says the short amount of time devoted to a long list of speakers and a packed agenda at the national roundtable on missing and murdered indigenous women Friday need not be an obstacle.

"It only takes a few seconds to say, 'Yes, we will commit X amount of dollars," said Harvard, interim president of the Native Women's Association of Canada, as she spelled out — with some hopeful humour — her desire for a strong commitment from provincial and federal government representatives at the meeting here.

The consensus on just what to do about the fact that, according to the RCMP, about 1,200 aboriginal women and girls have been murdered or gone missing in Canada in the past three decades, may be harder to come by.

And the Legal Strategy Coalition on Violence Against Indigenous Women, a group of organizations including Amnesty International, released a report on Thursday concluding that the federal government has ignored most of the more than 700 recommendations contained in 58 reports on violence against aboriginal women and girls, raising the question of whether any agreements made at the roundtable will come to life.

Assembly of First Nations National Chief Perry Bellegarde views the one-day gathering — to focus on prevention and awareness, community safety, policing and the justice system — as the beginning of a national dialogue.

"We never deprive people of hope. It's a beginning. It's a start," Bellegarde said Thursday, adding there has already been talk of a followup meeting to make sure whatever comes out of the roundtable is implemented.

The Conservative government, which has long resisted the idea of holding a national inquiry into the issue, is likely to focus on the $25-million action plan it promoted last fall.

Ontario Premier Kathleen Wynne, who is calling for a pan-Canadian prevention and awareness campaign and a better way to share police statistics, said Ottawa's action plan would not be enough.

TORSTAR NEWS SERVICE

Jihad

Quebecers who left Canada may have been radicalized, reports say

Reports claiming six young Quebecers left the country in mid-January and may have joined jihadist groups in the Middle East prompted public safety officials to urge families to reach out if they suspect relatives have been radicalized. Montreal police and other authorities are offering little information about the reports that four men and two women from the Montreal area fled Canada to fight with jihadists. THE CANADIAN PRESS

Change to transgender rights bill angers activists

Amendments to the transgender rights bill banning trans people from using public washrooms cannot stand, activists say.

"The bathroom part is appalling. That's discrimination at it's absolute worst," said Amanda Ryan of the Ottawa transgender support organization Gender Mosaic.

Bill C-279, which seeks to add gender identity to the Canadian Human Rights Act, passed the Senate on Wednesday. But before passing, Sen. Donald Plett, a Conservative member of the standing committee reviewing the bill, added a controversial amendment exempting the legislation from applying to "sex-specific" facilities such as public washrooms. Plett said it is a safety issue, and in previous committee meetings said that letting transgender women use the women's washroom "allows for pedophiles to take advantage of legislation that we have in place."

But many say that Plett's concerns are inherently discriminatory.

"To me that is assuming the transgender person is a threat to people, and all that we've worked for, all this legislation is all for naught," said Liberal Sen. Mobina Jaffer.

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Argentina. Judge dismisses allegations against president

A federal judge on Thursday firmly dismissed allegations that Argentine President Cristina Fernandez tried to cover up the involvement of Iranian officials in the 1994 bombing of a Jewish centre, easing a crisis for her government fed by the death of the prosecutor who brought the case.

Judge Daniel Rafecas said the documents originally filed by the late prosecutor Alberto Nisman failed to meet "the minimal conditions needed to launch a formal court investigation."

"There is not a single element of evidence, even circumstantial, that points to the actual head of state," the judge said.

Nisman had filed the complaint just days before he died on Jan. 18 under mysterious circumstances. Polls show many Argentines suspect officials had some hand in the death, though Fernandez and aides have suggested the death was actually aimed at destabilizing her government.

While the decision can be appealed, the judge's scathing wording appears to substantiate government insistence that Nisman's case was baseless, though his death still casts a shadow across the administration.

THE ASSOCIATED PRESS

Afghanistan

Avalanche toll rises to 165 amid rescue efforts

The number of people killed in a massive avalanche in a mountain-bound valley in northeastern Afghanistan rose on Thursday to 165 as lack of equipment and the sheer depth of snow that buried entire homes and families hampered rescue efforts.

The Afghan army deployed 1,000 soldiers form the Kabul Corps to the Panjshir Valley, to help in the rescue efforts.

THE ASSOCIATED PRESS

ISIL seizes more Christians, smashes ancient artifacts

Iraq and Syria. More than 220 abducted, according to activists

ISIL militants seized more Christians from their homes in northeastern Syria in the past three days, bringing the total number abducted by the extremist group to more than 220, activists said Thursday.

At the same time, the extremists also released a video showing the continued destruction of the heritage of the lands under their control. It depicted men using sledgehammers to smash ancient Mesopotamian statues and other artifacts in Iraq's northern city of Mosul.

The video, coinciding with mounting fears over the fate of the captive Christian Assyrians in Syria, sent a fresh wave of dread across the region, particularly among minorities who feel targeted by the group.

"Daesh is wiping Assyrian heritage in Mosul, and at the same time wiping them geographically from the face of the Earth," said Osama Edward, director of the Assyrian Network for Human Rights in Syria. He referred to the ISIL by its Arabic acronym.

About 200 Assyrians and other Christians gathered in a church east of Beirut in solidarity with the victims in Syria and Iraq. Some cried openly.

One man held a banner that read: "We will not surrender, we will not be broken." A few young men said they were preparing to go to Syria to fight and help their brethren defend their homes against ISIL.

The destruction of artifacts in the Mosul museum is part of a campaign by ISIL extremists who have destroyed a number of shrines — including Muslim holy sites — to eliminate what they view as heresy. They also are believed to have sold ancient artifacts on the black market in order to finance their bloody campaign in the region.

In the video released Thursday, militants used sledgehammers and drills to smash and destroy several large statues, which are then shown chipped and in pieces. The five-minute video also shows a black-clad man at an archaeological site in Mosul, drilling through and destroying a winged-bull — an Assyrian protective deity — that dates to the 7th century B.C. THE ASSOCIATED PRESS

In this image made Thursday from video posted on a social media account affiliated with the Islamic State of Iraq and the Levant, a militant topples an ancient artifact in the Ninevah Museum in Mosul, Iraq. THE ASSOCIATED PRESS

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U.S. watchdog bans ISPs from slowing Web traffic

Net neutrality.
FCC's 3-2 vote ushers in a new era of government oversight

Internet activists declared victory over the big cable companies in the U.S. Thursday, after the Federal Communications Commission voted to impose the toughest rules yet on broadband providers like Comcast, Verizon and AT&T to prevent them from creating paid fast lanes and slowing or blocking web traffic.

The 3-2 vote represents the biggest regulatory shakeup to telecommunications providers in two decades.

The new rules require that any company providing a broadband connection to a home or phone must act in the "public interest" and refrain from using "unjust or unreasonable" business practices. The goal is to prevent providers from striking deals with content providers like Google, Netflix or Twitter to load their data faster.

The FCC had enacted open Internet rules by 2010, but the agency's legal approach was struck down in the courts. The vote Thursday was intended to erase any legal ambiguity by no longer classifying the Internet as an "information service" but a "telecommunications service" subject to Title II of the 1934 Communications Act. That would dramatically expand regulators' power and hold broadband providers to the higher standard of operating in the public interest.

The FCC says it won't apply some sections, including price controls. That means rates for Internet access won't be subject to preapproval. But the law allows the government to investigate if consumers complain.

THE ASSOCIATED PRESS

CRTC

Canada led way, says crusader

Canada has always regulated the Internet as a utility, which has made it somewhat easier for the CRTC to step in.

"They're sort of bringing their rules more or less with what we've got," said Ben Klass, a Carleton grad student whose own crusade against service providers charging in full for YouTube or other videos, but discounting their own, led to the CRTC issuing a landmark decision in favour of net neutrality in January.

Klass met with FCC commissioner Mignon Clyburn in October to discuss the Canada context. "What's been happening in Canada is actually a good indicator of how this might play out in the States," Klass said.

TORSTAR NEWS SERVICE

Levant crowdfunds new media venture

Ezra Levant, the former Sun TV personality, is taking to crowdfunding to help back his new media venture, The Rebel. According to the outspoken host's website, he has already raised roughly $100,000 for new equipment and more than $15,000 a month in ongoing contributions to pay for the site's operations. Levant said the money, which is being deposited into a PayPal account, has come from about 2,000 individual contributors.

PAWEL DWULIT/THE CANADIAN PRESS

Market Minute

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TSX 15,241.16 (+12.59)

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Public payphones

CRTC cracks down

Canadian Radio-television and Telecommunications Commission is proposing firms be obligated to notify communities affected before removing the last payphone. THE CANADIAN PRESS

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Representatives from the School of Law will be giving presentations on:
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- Hamilton: Sunday 8 March, 1pm, Meeting Room, Visitors Inn,649 Main St W, L8S 1A2
- Toronto: Monday 9 March, 7pm, Room 4279, Medical Sciences Building, University of Toronto, 1 King's College Cir, M5S 1A8
- Ottawa: Tuesday 10 March, 7pm, Room CO214, Residence Commons, Carleton University, 1125 Colonel By Dr, K1S 5B6
- Halifax: Thursday 12 March, 7pm, Room 2017, Marion McCain Arts and Social Sciences Building, Dalhousie University, 6299 South St, B3H 4R2
- Montreal: Saturday 14 March, 1pm, Room 110, Leacock Building, McGill University, 845 Sherbrooke O, H3A 0G4

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VOICES

THIS IS WHY WE CAN'T DO NICE THINGS

THE KOHLER REPORT
By Rebecca Kohler

My mother used to say, "This is why we can't have nice things" after I'd done something stupid like putting a wet cup on an antique table — leaving a ring, wrecking the table. I was reminded of this phrase the day after the Oscars as social media — especially Slate and Vox — pulsated with scorn for Patricia Arquette. She had given us something nice and we put wet cups all over it.

On Sunday, after winning the Oscar for Best Supporting Actress for her performance in Boyhood, Arquette ended her acceptance speech by demanding equal pay and equal rights for women in the United States. The crowd cheered and Meryl Streep and Jennifer Lopez had a simultaneous orgasm. It was a great moment and then Patricia Arquette went backstage.

In the press room, Arquette was asked to elaborate on her statement and here's where things got sticky: "It's time for all the women in America and all the men who love women and all the gay people and all the people of colour that we've fought for, to fight for us now."

Let no good deed go unpunished

Patricia Arquette tried to do a nice thing, but apparently, we can't have nice things today.

Ugh.

So, a lot of people took this to mean that Arquette thinks LGBTQ and people of colour have full equality themselves and that they now need to step up and help women. While the phrase may have been poorly worded — I'm surprised people can speak at all seconds after winning an Oscar — I think what Arquette meant was that we're all in this together. I don't believe she was trying to be exclusionary by mentioning those groups. I think if we put her and her speech into a benefit-of-the-doubt context, she was trying to be inclusive.

Patricia Arquette tried to do a nice thing, but apparently, we can't have nice things today.

Remember the Ice Bucket Challenge? The awareness campaign for the disease ALS raised over $16 million dollars in Canada (over $130 million worldwide). It was a nice thing. But during the height of this cold, wet, philanthropic trend, I saw post after post on Facebook about how it was "a waste of water" or "just an opportunity for dumb girls to show off their bikini bodies." An article in Macleans said something to the tune of "there are more important diseases" (is this some kind of really unpleasant competition?) and a dim friend of mine protested that half the people doing it weren't even donating. OK, but what about the ones that WERE?

In the art of improv (as in improvisation), when you're working with other people, there's a rule called "Yes, and." The idea is that you take what your partner gives you and build upon it: "Let's adopt a dragon!" "Yes! AND use its breath as a BBQ."

You use each other's contributions as building blocks to construct a scene. It's an improv sin to say "no" because "no" stops the scene in its tracks; if everyone said no, there would be no scene.

It seems to me that we are a society of "no." Patricia Arquette says she wants equality for women. "No, because she said it the wrong way." I want to raise money for ALS. "No, because it's wasteful. Now excuse me while I flush the toilet after my tiny pee."

Patricia Arquette is not the enemy. In this case the enemy is patriarchy and bigwigs on Wall Street and that's a whole other can of worms. But we're making it a lot easier for the enemy to continue to get its way by distracting ourselves with the imperfections of our own teammates.

If you see something good that you think could be better, why not say "Yes, and!" and build upon it?

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter at @becca_kohler

Happy face/Sad face

From imbibing bears to pernicious pundits, Metro weighs in on the news that made headlines this week:

CHEATERS WIN

Recognizing that legalizing something is not the same as endorsing it, South Korea has stopped criminalizing adultery. No longer will children play boisterous games of "cops and cheaters," and John Updike books will now be moved out of the Crime Thriller section of South Korean bookstores.

DON'T PLY THE BEARS

Two bears that were being kept in a small, filthy cage outside a restaurant in Sochi, Russia, have been confiscated and are being treated for alcoholism. The animals got hooked on booze because visitors kept giving them beer. A sanctuary in Romania has offered to take them in.

PEAK RECORD

We are the highest! We are the highest! Whistler's Peak 2 Peak Gondola has been recognized by Guinness World Records as being the world's highest cable car above ground, and as having the longest unsupported span between two cable car towers. The three-kilometre-long system connects Whistler and Blackcomb mountains in B.C.

THE OH-REILLY FACTOR

Bill O'Reilly, the Fox News pundit we all love to hate, is the latest journalist facing heat for inflating (or straight-up lying?) about experiences in his early reporting days in South America. O'Reilly claimed — among other things — to have seen nuns being executed in El Salvador. But skeptics point out his timeline doesn't make sense.

FLOYD + VIOLET FOREVER

The hottest hot of the week shoutout goes to the late Floyd and Violet Hartwig of Fresno, Calif., who died holding hands. The two met at a dance hall while he was on leave from the Navy. During their 67-year marriage, people often commented on their deep connection. When the family sensed they were ready to leave this world, they pushed their beds together. Floyd went first and Violet followed him five hours later. Rest in peace, Mr. and Mrs. Hartwig.

metro

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A BUSY WEEK AS TTC CONTINUES TO MAKE CHANGE FOR THE BETTER

ANDY BYFORD
CEO
TORONTO TRANSIT COMMISSION

The TTC often makes the news. Two stories dominated this week.

Firstly, after much discussion and negotiations, which included me and my counterpart at Bombardier, we have now received a revised delivery schedule from Bombardier for our new streetcars.

We have three state-of-the-art streetcars in operation on the 510 Spadina route today, with a fourth about to enter service. This compares to a much higher number that should have been received by now, but production difficulties with Bombardier have caused significant delays.

The new schedule commits to a total of approximately 30 cars in service by the end of 2015, enough to complete the conversion of the 510 Spadina route, plus the 509 Harbourfront and the 511 Bathurst routes. This will require Bombardier to double production time to five from 10 days per vehicle.

I have made it clear that, while we want as many new cars as soon as possible, quality is not to be compromised. The new vehicles already in service have proven to be very reliable, thanks in no small measure to detailed pre-acceptance checks by our own TTC engineers. We want the roll-out of the outstanding 200 vehicles to arrive at a faster rate and with the requisite quality in place.

The new streetcars are accessible, air-conditioned and offer greater capacity. They are critical to improving transit service today and in the future. You, our customers, deserve no less.

The other major TTC story this week concerned the Auditor General's report into the use of fuel cards and management of the TTC's non-revenue fleet of vehicles – cars, trucks and vans. While the audit's findings make for scathing headlines, the recommendations were all accepted by the TTC and, in fact, many of those recommendations are well underway. The audit, in fact, is complementary to the top-to-bottom review of processes that make up part of our Five-Year Corporate Plan to modernize every aspect of the TTC.

I have always said we need time to instill fresh thinking and better management here. Changing processes and an ingrained culture does not happen overnight. I can assure you that positive change in how we manage your TTC efficiently and effectively is happening, and is a priority for me, the CEO.

EMPLOYEE PROFILE

Name:	Position:	Years of Service:
Nicole Manitowabi	Customer Service Agent	8

As the Commission's first Customer Service Agent, I am responsible for crowd control projects at Yonge/Bloor, Spadina and St.George stations. My favorite part of this role is providing excellent customer service through my own actions and through my teams. If every day we can help people move around the city with a little more ease, it is all worth it. Thanks to my colleagues and to TTC riders for creating a transit system that we can be proud of.

REMINDER: TTC FARES TO INCREASE ON SUNDAY

Fares (Effective March 1, 2015)	Adult	Student (13 – 19 years*)	Senior (65 years and over*)	Child (12 years of age or under)
Cash	$3.00	$2.00		Free
Tokens/Tickets	$2.80 (minimum 3 tokens/$8.40)	$1.95 (tickets sold in multiples of 5 /$9.75)		
Presto	$2.80	$1.95		
Weekly Pass	$40.75	$33.00		
Monthly Metropass	$141.50	$112.00		

Post-Secondary Student*	Family / Day Pass
Monthly Metropass $112.00	$11.50

* Photo ID may be requested for Students, 16 and over, Post-Secondary Students and Seniors.

POP Customers must show Proof-of-Payment (POP) to a TTC fare inspector upon request. Take a transfer when using cash, tokens or tickets.

Beginning Sunday, Mar. 1, children 12 years of age and under will ride the TTC for free, while most other TTC fares will increase.

Until Apr. 30, an additional cash fare of 10 cents will be required when using 2014 TTC Senior/Student tickets. Refunds for 2013 and 2014 Child tickets, 2014 TTC Senior/Student tickets, and Day Passes can be made at the following locations:

- Mar. 2 to Mar. 31, Bloor-Yonge, Kipling and Warden Stations, Monday to Friday, 7 a.m. to 7 p.m.
- Mar. 2, 2015 to Feb. 29, 2016, at the TTC Customer Service Centre, above Davisville Station, Monday to Friday, 8:30 a.m. to 5 p.m. Extended hours, 7 a.m. to 7 p.m. every Thursday and the first and last business day of each month. Closed on holidays.
- By mail, Mar. 2, 2015 to Feb. 29, 2016. TTC Accounts Payable, 1900 Yonge Street, Toronto, ON M4S 1Z2. Please allow 3-4 weeks for refund.

After March 1, 2015, 2013 Senior/Student tickets and Day Passes cannot be used. Senior/Student tickets and Day Passes purchased prior to 2013 cannot be used at any time and will not be refunded.

Weekly Customer Service Report

Week ending February 25, 2015

	Actual % / Target %	
Subway (1 2 3 4) Deliver a punctual service	95% / 97%	✗
Bus Deliver reliable headway	66% / 65%	✓
Streetcar Deliver reliable headway	62% / 70%	✗

WEEKEND LINE 1 CLOSURE – UNION TO ST ANDREW

This weekend, on Saturday, Feb. 28 and Sunday, Mar. 1, there will be no service between Union and St Andrew stations on Line 1 due to Union Station platform upgrades. Customers requiring direct access to Union Station can travel south on Line 1 or take the PATH from St Andrew Station.

A temporary lift has been installed at Union Station while the new elevator is under construction to provide an accessible connection from the platform to the concourse. A Wheel-Trans vehicle will also be available for customers travelling between Union and St Andrew stations. Customers can speak with any uniformed TTC employee at either station to make use of this service. Regular subway service will resume on Tuesday, Mar. 2 at 6 a.m.

DO YOU HAVE A QUESTION FOR THE TTC? SEND AN EMAIL TO TOMOVES@TTC.CA

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TCONNECT WI-FI:
Free Wi-Fi is now available at select TTC subway stations. Visit tconnect.ca or ttc.ca for details.

Stop Heartburn & Reflux Naturally

#39 NPN 80053642

Prevent reflux by having an acid-alkaline balanced stomach

using a natural health product #39. This increases energy-promoting oxygen in all cells of our body.

Most people are not aware of the importance of a natural acid-alkaline balanced body and suffer all their lives needlessly with discomforts. You should not need any antacids or drugs and feel well in your stomach, help digestion and strengthen your immune system (located mostly in your intestines) to fight all illnesses including cancer cells that we have in our body every day. Dr. Otto Warburg received two Nobel prizes for his discovery that cancer cells cannot exist in a an oxygen-rich environment.

Truthful actual experiences from real people: ■ Reflux gave me a sore throat and I could not sing in the church choir anymore. After taking Bell #39 I have no more reflux and rejoice in singing again. *Helene Giroux, 65, Quebec, QC.* ■ **Have family history of heartburn.** For last 10 years I suffered a lot with acid reflux. I told all family members about #39 being all natural, giving quick relief with no side effects and no antacids needed anymore. *Michael Fasheh, 49, Port Ranch, CA.* ■ **Heartburn, acid reflux, stomach trouble for many years.** Doctors gave me different pills, but I had no lasting relief. Had every test known to man. I finally talked to my health food store and they said Bell Acidic Stomach/Alkaline Balance really works. It sure does. I had my husband and son take it and they all had the same results. I can now eat even spicy food with no problems. *Verna Conti, 80, London, ON.* ■ **Burning in my stomach, bloating, headaches all stopped!** For 20 years I was tortured with stomach acid, reflux, belching, even my brain was affected. Within 2 days after taking Bell Acidic Stomach/Alkaline balance I had relief of all my health problems I suffered with for so long. *Floyd D. Davis, 89, Denham Springs, LA.* ■ **Acid-alkaline balance needed to be adjusted!** I have a Health Food Clerk Certificate. Bell AcidicStomach/Alkaline Balance has helped me. I'm aware of most people having an acidic body, which is a breeding ground for many illnesses. Preventing diseases is something that is not taught in medical schools. I've told many people about testing their acid-alkaline balance. Especially older people should be more concerned. I'm also telling people to use the Bell Supreme Immune Booster. These two products were a great help to me personally. *Maureen Arthur, 73, Victoria, BC.*

Frequent BATHROOM TRIPS?

#4a NPN 80051642

Men Bell Prostate Ezee Flow Tea

Men have relief in 3-5 days from dribbling, burning and rushing to the toilet. Relaxes blood flow for better erections. **Helps also with male incontinence.** Works in virtually every case. If you are considering surgery, try this tea first. Hundreds of delighted men testifying on our web site: ■ **Had to get up every hour** at night. Now I get up once a night. *Joseph Whittaker, Sewell, NJ* ■ **I cancelled my prostate surgery.** Get up once a night. I'm so happy not to have to face the torment of a prostate operation and possible incontinence and impotence. *Albert E. Blain, 74, Schumacher, ON* ■ **Even after TURP prostate surgery** and microwave therapy had to get up many times. Now down to 1-2 times. Tea is 100% better than drugs. *Robert G. Stocker, Eustasis, FL* ■ **After 1st year drinking tea** my PSA went down to 4.5; after 2nd year to 2.9; after 3rd year to 2.3. I highly recommend the tea. A real life saver. *Thomas M. Thurston, Forsyth, GA.* **Women Ask for #4b Bladder Control Tea for Women.** It seems so unbelievable, most women don't know there is a delicious tasting herbal tea available in all health food stores that stops incontinence, bladder infections, UTis within days and women keep on wearing costly pads and diapers. Try the tea. It is guaranteed. Go shopping and travelling again worry free. We have helped tens of thousands of women.

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Snoring?

Sleep apnea? Trouble falling asleep?

University of Toronto professor states that 69% of adults have sleeping problems. Bad sleep reduces physical and creative energy all next day. Almost all families are affected. Sleep apnea may cause high blood pressure, strokes, heart attacks and irregular heart beats. Can be very destructive in relationships. **Hundreds of true testimonials on the Bell website from people like you.**

#23 NPN 80027595

Real people wrote: ■ I really didn't snore or gasp for air anymore. I sleep through the night and feel rested and refreshed in the morning. *Mark Wilson, 40, Hudson, NH.* ■ **Sleep apnea capsules worked first night.** For 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. *Karen Braun, 67, Glace Bay, NS.* ■ **For 20 years I was waking up frequently** gasping for air. During the day I would start napping every time I would sit down, because I was tired. Since taking #23 sleeping 6 hours is heaven. It made a substantial change in my life. *Mary C. Myrick, 62, Jackson, MS.* ■ **It is such a joy** not having to use the CPAP machine anymore. *Wayne Burse, 63, Beamsville, ON.*

#60 NPN 80057652

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Actual Results. ■ After 1 week my severe acne became quite mild and after 2 weeks it had completely vanished. I suffered for 5 stressful years of having acne and extremely dry, irritated skin. Bell Help for Skin Disorders **"saved my life"**. My skin is now beautiful and you would never know I suffered from acne and other skin problems for years. *Zach Lustgarten, 18, Oshawa, ON.*

RED NOSE/CHEEKS ROSACEA gone in less than a week. Was fighting it for 30 years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a reddish face comes from drinking. This is a myth. Will take it for the rest of my life when needed. *Donald E. Gillespie, 56, Innisfil, ON.*

PSORIASIS ■ I had severe psoriasis over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell Help for Skin Disorders, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. *Jessica Shantz, 25, Dawson Creek, BC*

ECZEMA For 6 years my family doctor and dermatologist tried many medications and creams. After taking Bell Help for Skin Disorders for just a few days my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. *Andy Yuen, 58, Vancouver, BC.*

A backstage peek at the CSAs

Awards show. Metro's movie man Richard Crouse shares his most memorable moments covering Canada's biggest awards show

Fresh from her Oscar win, Julianne Moore is set to attend the Canadian Screen Awards this weekend. Moore, who is nominated for her role in David Cronenberg's Maps To The Stars, will be among the presenters during the show, televised on CBC Sunday. CONTRIBUTED

In Focus

RICHARD CROUSE

Everybody knows what happens on stage at a big show like this Sunday's Canadian Screen Awards.

A host sings, dances and/or tells jokes, glamorous presenters tear open envelopes and announce award winners who thank everyone from managers to spouses to Jesus. There's the slapping of backs, bespoke tuxedos and flowing gowns and tears.

Add in some drama, a red carpet and you have the ingredients of a big awards show, but what happens backstage?

Lots, as it turns out.

Every year at the Canadian Screen Awards there's a whole other show that happens offstage in the pressroom. Located deep in the bowels of the Sony Centre for the Performing Arts, it is my domain during the live broadcast.

I host the room, interviewing the winners as they come off stage in front of an "audience" made up of local and national reporters, there for the free food and access to the celebs.

I am the purveyor of sound bites, the compère to the press who take the interviews I do and turn them into stories for the next day's papers and newscasts.

Over the years Elvis Costello, Tatiana Maslany, William Shatner and many others have passed through, tossing out bon mots like they were candy.

Jay Baruchel let it slip he was engaged to Alison Pill on our small stage. Viggo Mortensen proudly waved the Montreal Canadiens flag in the face of a roomful of Leafs fans and Jill Hennessey gushed about the Canadian Screen Awards gift bag, thanking the Academy for the Norman Jewison Maple Syrup.

It's an easy gig for me. Everyone who comes down from the main stage is a winner, automatically in a good mood and ready to have some fun.

When Lifetime Achievement Award winner David Cronenberg was asked where the inspiration for his movies came from he took a moment to examine the assembled crowd of journalists before deadpanning, "Just standing here is giving me all kinds of ideas for horror films."

Call Me Fitz star Tracy Dawson picked up a CSA for best actress but later told me that awards don't guarantee work.

She won a Gemini in 2011 for playing Meghan Fitzpatrick on the show and thought she had it made. Then her phone didn't ring for ten months.

In the pressroom she joked that she wanted to be clear — she was looking for work. "I'm totally available," she laughed.

It's a different show downstairs, less glitzy and more relaxed.

This year Andrea Martin is taking over hosting duties from fellow-SCTVer Martin Short but I'll never forget last year how Short tore up the pressroom, still jacked up from hosting the show.

He was hilarious when I asked if he'd try and top his spectacular flying entrance next year. "I can only fly so many times," he said.

"That harness chafes."

Richard's ratings

Focus

The Lazarus Effect

Elephant Song

Big News From Grand Rock

SCENE

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Orphan Black early Screen Award darling

CSAs. Sci-fi series takes home eight awards in pre-show presentation, while another big nominee, police drama 19-2, goes away empty-handed

Orphan Black star Tatiana Maslany is looking to repeat her win for best actress at the CSAs this Sunday. THE CANADIAN PRESS

The sci-fi clone saga Orphan Black heads into this weekend's Canadian Screen Awards with a leading eight wins under its belt.

The Space TV series collected the trophies at an early awards ceremony Wednesday, which handed out hardware in most of the television categories.

MuchMusic and MTV's Degrassi also scored big with four wins, while CBC-TV's The Rick Mercer Report and HBO Canada's Sensitive Skin each collected three.

Orphan Black entered the race with a leading 13 nominations, tied with the Xavier Dolan film Mommy.

Dolan and his fellow film nominees won't learn their fates until Sunday, when a non-televised ceremony will hand out most of the film awards.

A star-studded televised bash on Sunday night, hosted by comedy star Andrea Martin, will feature the marquee TV and film awards.

The show is set to air on CBC-TV.

Early wins for Orphan Black included best casting, directing and writing as well as a supporting actor trophy for Jordan Gavaris for his turn as the flamboyant Felix.

Gavaris won the same category last year.

Series star Tatiana Maslany — who has wowed critics for deftly tackling a slew of disparate cloned characters — will seek a repeat win for best actress on Sunday's televised ceremony, while the show competes for best dramatic series against Bravo's 19-2, Showcase's Continuum, CTV's Motive, and Global's Remedy.

Meanwhile, critically acclaimed cop drama 19-2 came up empty-handed Wednesday, despite entering the race with 10 nominations overall.

It's up for two final trophies Sunday, including best drama and best actor for Jared Keeso.

Robert Pattinson is nominated for best supporting actor for his role in David Cronenberg's Maps to the Stars. CONTRIBUTED

Xavier Dolan's film Mommy entered the CSA race with a leading 13 nominations. THE CANADIAN PRESS

East Coast comic Jonathan Torrens claimed the sole win Wednesday for CBC-TV's sitcom Mr. D, which also had 10 nominations overall.

Torrens earned the trophy for his featured supporting role as kooky vice-principal Cheeley.

The school-set sitcom will seek the best comedy title Sunday against TMN/Movie Central's Call Me Fitz, City's Seed, CTV's Spun Out, and Super Channel's Tiny Plastic Men.

Star Gerry Dee is also still up for best comic lead actor, against Adam Korson of City's Seed, Don McKellar of Sensitive Skin, Dave Foley of CTV's Spun Out, and Mark Meer of Super Channel's Tiny Plastic Men.

Sunday promises to include some Hollywood star wattage with recent Oscar-winner Julianne Moore, who is set to present an award.

She's also competing in the best actress category for her turn as an aging starlet in David Cronenberg's Maps to the Stars.

She's up against Ahn Ji Hye and Yoon Da Kyung, both for In Her Place, Julianne Cote for Tu dors Nicole, and Anne Dorval for Mommy.

Meanwhile, the best actor competition pits Ryan Reynolds from The Captive against Bruce Greenwood for Elephant Song, Michael Murphy for Fall, Evan Bird for Maps To The Stars and Antoine Olivier Pilon for Mommy.

The supporting actor category includes John Cusack and Robert Pattinson, each for Maps To The Stars, as well as Justin Chatwin for Bang Bang Baby, Marc-Andre Grondin for Tu dors Nicole and Kris Demeanor for The Valley Below.

The supporting actress race includes Sandrine Bisson for 1987, Kil Hae Yeon for In Her Place, Mia Wasikowska for Maps To The Stars, Suzanne Clement for Mommy and Catherine St-Laurent for Tu dors Nicole.

Cronenberg's dark comedy boasts 11 nominations but faces stiff competition from Mommy, which recently beat Richard Linklater's Boyhood and Wes Anderson's The Grand Budapest Hotel to be crowned best foreign film at France's Cesar Awards.

THE CANADIAN PRESS

Alternative categories

Real life gets rewarded

So far, The Amazing Race Canada is having an amazing run at the Canadian Screen Awards.

The second season of the popular CTV reality series claimed three trophies at an early awards show Tuesday, which recognized the best in documentary, reality, lifestyle, news, sports and digital media categories. It included wins for best direction, picture editing and writing. The best reality show trophy will be handed out Sunday. The documentary prizes were split between TMN/Movie Central's Our Man in Tehran, which took five awards including best doc and direction, and History Channel's Tales from the Organ Trade, which claimed four, including best writing and the Donald Britton Award for best social/political doc. Winners in the news categories included Global National for best national newscast, CBC's The Fifth Estate for best news or information program, CTV's W5 journalist Tom Kennedy for best host or interviewer in a news or information program or series, and CTV News journalist Janis Mackey Frayer for best national reportage. The prize for best live sports event went to CBC's coverage of the Olympic women's gold medal hockey game.

THE CANADIAN PRESS

Ken Taylor, Canada's former ambassador to Iran, in Our Man in Tehran, which won best doc at an early CSAs presentation. CONTRIBUTED

Adrian Martinez proud of being 'sidekick to the stars'

Adrian Martinez's latest film is Focus, in which he plays an associate of a scam artist played by Will Smith CONTRIBUTED.

Interview. Actor has starred alongside heavyweights such as Will Smith and Ben Stiller

RICHARD CROUSE
scene@metronews.ca

Adrian Martinez is "that guy."

You recognize his face but probably don't know his name.

He's the actor you've seen in everything from American Hustle and The Amazing Spider-Man to this weekend's Focus, standing just to the side of the main actors. He's the sidekick to the stars, a moniker he wears proudly.

"Sidekick to the stars?" he says. "That's absolutely cool with me. I'm working and it's the best film school in the world."

From Ben Stiller, his "teacher" and Secret Life of Walter Mitty co-star, he says he learned "how to compartmentalize your energy. Nobody works harder than Ben Stiller. He was acting all day, directing and then editing."

Quoted

"Will Ferrell is surprisingly not funny on set except during the takes, when he's hysterical."

Adrian Martinez
on working with Ferrell in Casa De Mi Padre

"Will Ferrell," he says, "is surprisingly not funny on set except during the takes, when he's hysterical. I took discipline away from him."

In Focus, Martinez plays Farhad, a computer expert and associate of scam artist Nicky Spurgeon, played by Will Smith.

It's a small but important role, which gave Martinez the chance to watch Smith in action as they shot the film in New Orleans and Buenos Aires.

"From Will Smith I learned gratitude," he says. "This is a guy who's been doing this a long while and every day on set he was absolutely invested in the well-being of everyone.

"He would gauge the temperature of the room and if he felt people were dragging he would just start dancing — literally get jiggy with it. I felt, wow, this guy doesn't have to do anything and he's doing everything to lead the pack into the right place."

He puts those lessons to work in a variety of gigs from comedy to drama, from big screen to small.

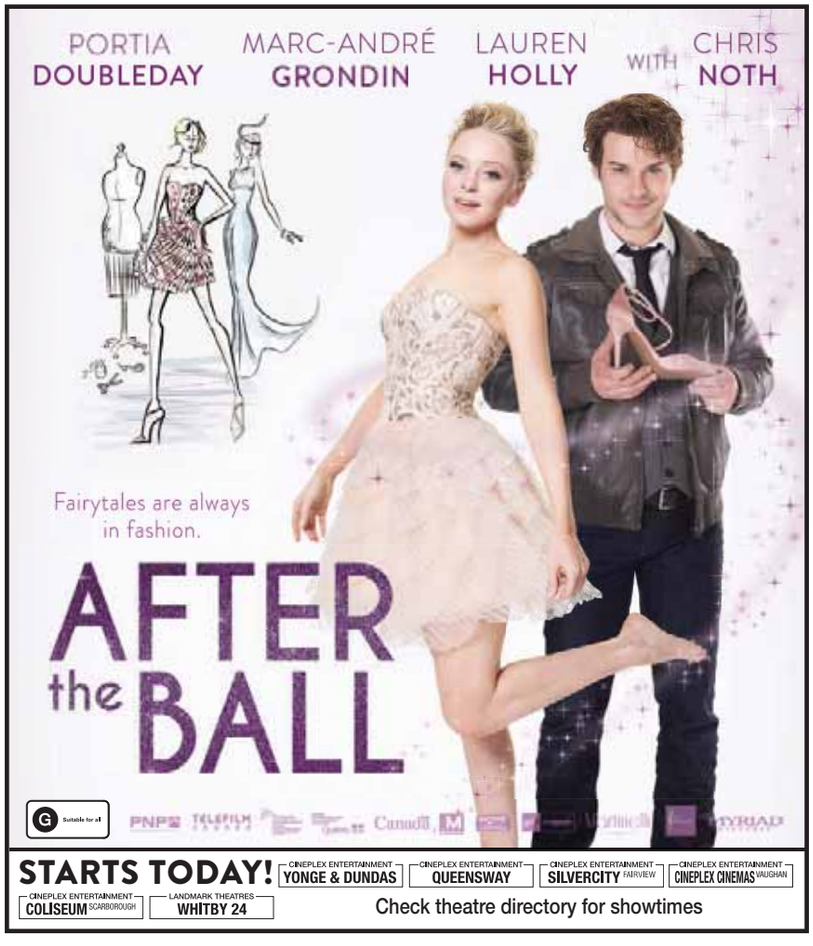
"I do television and commercials," he says. "I don't care. I just work. The way I've always seen it is that commercials are the haiku of acting, TV is like the short stories and movies are the novels. Whatever format you use as an actor, you're still a character, whether it is six seconds or an hour and a half."

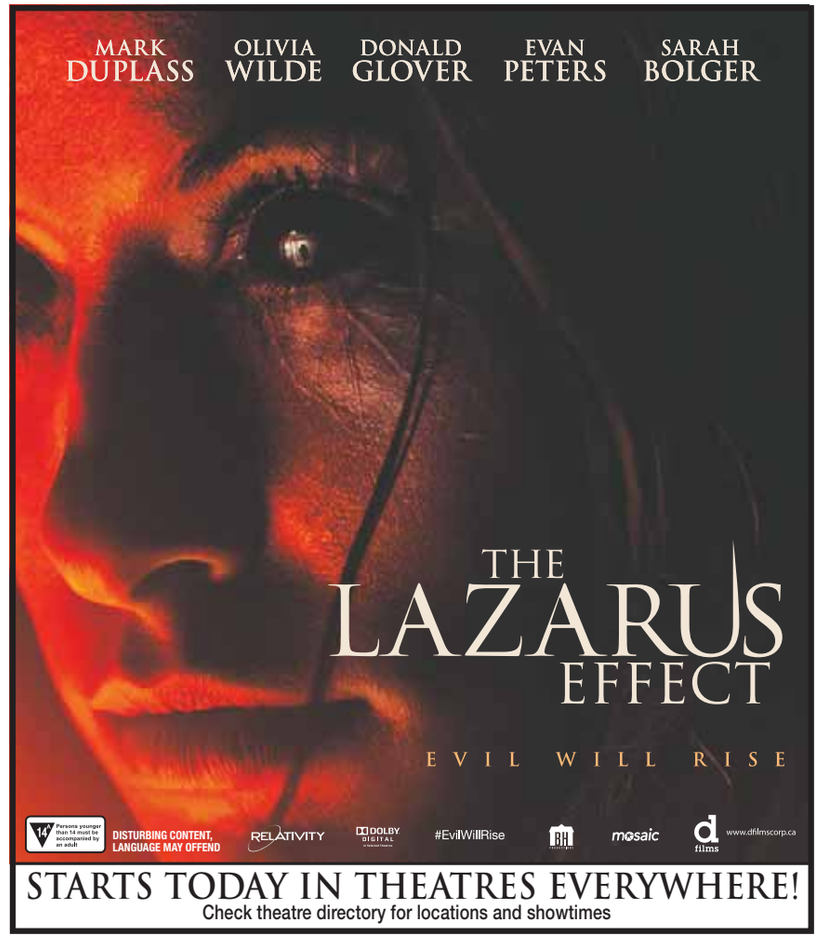
Finding a way to balance his professional and personal lives was a lesson he learned from a source off set.

"I have a nine-year-old daughter and she keeps it in perspective for me," he says.

"The other day we were talking and I said, 'Isn't this great? I'm in Los Angeles but we can FaceTime and see each other.'

She said, very cogently, 'You can't hug in a FaceTime, daddy.' She doesn't fool around. She brings it right home."





Now in theatres

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com.

Ratings: *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:* +

Comedy/International

After The Ball

Director. Sean Garrity

Stars. Portia Doubleday, Chris Noth

Kate's dream is to design for couturier houses. Although she is a bright new talent, Kate can't get a job. No one trusts the daughter of Lee Kassell, a retail guru who markets clothes "inspired" by the very designers Kate wants to work for. Reluctantly, Kate joins the family business where she must navigate around her duplicitous stepmother and two wicked stepsisters.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** + 61%

Drama/Comedy

Focus

Director. John Requa, Glenn Ficarra

Stars. Will Smith, Rodrigo Santoro

A con artist (Will Smith) takes on an inexperienced apprentice in this crime comedy from the filmmaking duo behind Crazy Stupid Love: Glenn Ficarra and John Requa.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** + 95%

Horror

The Lazarus Effect

Director. David Gelb

Stars. Olivia Wilde, Mark Duplass

The Lazarus Effect follows a group of researchers led by Frank (Mark Duplass) and his fiancée Zoe (Olivia Wilde), who've achieved the unimaginable — bringing the dead back to life. After a successful, yet unsanctioned, trial on a newly deceased animal, the team is ready to unveil their breakthrough to the world.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** 64%

Drama

Girlhood

Director. Céline Sciamma

Stars. Karidja Touré, Assa Sylla

Fed up with her abusive family situation, lack of school prospects and the "boys' law" in the neighbourhood, Marieme starts a new life after meeting a group of three free-spirited girls. When her home situation becomes unbearable, Marieme seeks solace in an older man who promises her money and protection.

Rotten Tomatoes™ score
Critics: 90% **Audience:** 66%

Documentary

Ballet 422

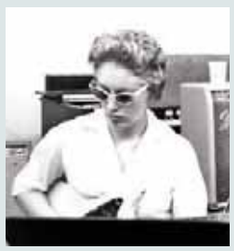
Director. Steve Pink

Stars. Justin Peck

Cinematographer and documentarian Jody Lee Lipes crafts an intimate, fly-on-the-wall documentary offering a rare peek into the highly guarded world of professional ballet. The film shadows Justin Peck, the 25-year-old choreographer of the New York City Ballet, as he undertakes the Herculean task of creating the company's 422nd original piece.

Rotten Tomatoes™ score
Critics: 86% **Audience:** 69%

Documentary



The Wrecking Crew

Director. Denny Tedesco

Stars. Herb Alpert, Brian Wilson

What the Funk Brothers did for Motown, The Wrecking Crew did, only bigger, for the West Coast Sound. Six years in a row in the 1960s and early 1970s, the Grammy for Record of the Year went to Wrecking Crew recordings. And now, The Wrecking Crew tells the story in pictures and that oh-so-glorious sound.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** + 81%

Drama

The Duke of Burgundy

Director. Peter Strickland

Stars. Chiara D'Anna, Sidse Babett Knudsen

Day after day, Cynthia (Sidse Babett Knudsen) and Evelyn (Chiara D'Anna) act out a simple yet provocative ritual that ends with Evelyn's punishment and pleasure. As Cynthia yearns for a more conventional relationship, Evelyn's obsession with erotica quickly becomes an addiction that may push the relationship to a breaking point.

Rotten Tomatoes™ score
Critics: 94% **Audience:** 73%

Drama

Elephant Song

Director. Charles Binamé

Stars. Bruce Greenwood, Xavier Dolan, Catherine Keener

A doctor interviews a mental patient whose doctor vanished, despite a nurse's warning that he is being drawn into a diabolical trap.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** 33%

New. Big News From Grand Rock is a comedic look at small-town journalism

Making up the news based on the plots of old movies is the premise of the new film Big News From Grand Rock, which opens this weekend. CONTRIBUTED

For several of the stars of Big News from Grand Rock, making the film was a family affair.

"Peter and I were asked to do it first," says Leah Pinsent of her husband and co-star Peter Keleghan, "and I didn't even know Dad was going to be part of it."

Dad, of course, is acting icon Gordon Pinsent.

"Because it is a small independent movie, we were all put up at the Super 8 Motel," says Pinsent.

"I said, 'You have an opportunity where the three of us are family and we're right next to Georgian Bay, so why don't you give us the cash for the Super 8 and we'll rent a cottage.

"So we actually made it into quite a nice summer affair. Brought the dog and walked along the beach. It was pretty cool."

In the movie, Ennis Esmer stars as Leonard Crane, the editor of the Grand Rock Weekly Ledger, a small-town newspaper on the verge of bankruptcy. With no real local news to draw from, Leonard turns to the town's video store for inspiration.

In the hope of pumping up circulation and advertising revenues, he fabricates a series of wild "news" stories based on the plots of old movies.

Leah Pinsent co-stars as the town's mayor, a part she says she based on Pamela Wallin and Rob Ford, while Keleghan is a dim-witted reporter employed by the paper's embattled publisher, played by Gordon.

RICHARD CROUSE/METRO

Opposites

We flipped the movie's premise on Leah and Peter, asking them to take a news event and turn it into a movie pitch, complete with casting.

- **Peter Keleghan.** Headline: "Harper kills Sun TV by mistake but CBC thrives!" As for casting he says, "John Baird is looking for a job so he would play Ezra Levant. Tom Green would be Pierre-Karl Péladeau and Raymond Burr, as he is today, would co-star as Stephen Harper."
- **Leah Pinsent.** Headline: "Woman gives birth in first class airport lounge while waiting for flight." "In this particular version she doesn't have a business class ticket, so they make her pay the entrance fee as her water bursts," she says. "The person behind the desk would be me and the woman having the baby would be me. The woman with the cart, serving food who helps birth the baby would also be me. And the baby, of course, would be me."

What it's like to be the belle — and beau — of the ball

Film. As women are too often cast to support a male lead, actress Portia Doubleday is excited to play both genders

STEVE GOW
scene@metronews.ca

Portia Doubleday was so tired of taking on trite female roles, the actress decided to play both a woman and a man in her latest movie.

In After the Ball, the Hollywood-based actress of such cinematic hits as Carrie and Her plays Kate, a determined young fashion designer that transforms herself into Nate — a brash, bespectacled style-sensation — in order to land a cushy couturier job.

"I definitely find that in many scripts, I'm so deterred by female characters that are written to fill this supporting role to a male lead," said Doubleday from Los Angeles ahead of the film's upcoming release.

"The linear nature of having to be this machine as opposed to the central character and being complex ... I'm attracted to roles that push the limit of that border."

For Doubleday, the border-pushing dual-role also meant the budding star had to convincingly portray a different gender.

While finding the character of Kate was exercise enough, learning to play a man proved an entirely new challenge.

"It took me a long time," admitted Doubleday. "(But) it just started to come together with the wardrobe, honestly.

"I had to wear this body suit and I couldn't bend; I had to be constantly upright. It's amazing — with that kind of posture, you instantly become a different person."

While the comedic practice of switching identities may not be altogether pioneering (see classics like Tootsie or Some Like it Hot, for starters), After the Ball does take the premise to a new plateau by enveloping the twist into a Cinderella story — just the latest adaptation that has tailored itself on the 17th-century classic.

"It just never gets old," explained Doubleday of the narrative's endurance.

"The reason why I was so attracted to this version of a Cinderella story is — the guys don't save Cinderella in the end, she saves herself, and I think that's the beautiful message of this movie."

Portia Doubleday plays Kate, as well as Nate, in After the Ball.
CONTRIBUTED

Northern exposure

Doubleday on filming in Montreal

- "I don't know if it's just a Canadian thing but the nature of people in Canada is just overwhelmingly wonderful," said Doubleday. "The crew was incredible and that was so great, it just kind of lends itself to creativity. You just feel more comfortable."

ANDREA MARTIN
HOSTS
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Playing a dangerous game in Elephant Song

Thriller. As offers come pouring in, seasoned actor recalls soon-to-open film he shot two years prior

STEVE GOW
scene@metronews.ca

Bruce Greenwood, right, plays hospital chief of staff Dr. Toby Green opposite Xavier Dolan in Elephant Song.
CONTRIBUTED

Bruce Greenwood is a busy actor who has spent much of the last year on set, away from his Los Angeles home.

"Yesterday I found myself reading a script," he says of a rare day off. "I was lying on the coach and I put the script down and fell asleep in the sun. I woke up an hour later and said to my wife, 'We're home. I'm lying on the coach. I could get up and make tea but I don't have to. My bag is not packed.'"

When he isn't on set the actor, best known as Christopher Pike in the rebooted Star Trek series, occupies himself in the kitchen.

"I'm baking bread," he says. "It's my new thing. I'm making at least a couple of baguettes a day. Usually I make three in a batch, give two to the neighbours and force the other one on my wife."

In the new psychological thriller Elephant Song — just one of four movies he has in the pipeline — Greenwood as hospital chief of staff Dr. Toby Green is lured into a cat-and-mouse game with Michael, a long-time patient played by Xavier Dolan, who may know the whereabouts of a missing doctor.

Authentic encounter

He decided that when the two characters meet in the film for the first time it might be interesting that, as actors, we were meeting for the first time while the cameras were rolling.
Bruce Greenwood

Greenwood hadn't met his co-star and Dolan wanted to keep it that way — at least until they shot their first scene.

"He had a great idea early on, which serves to illustrate how willing he is to experiment," says Greenwood. "He decided that when the two characters meet in the film for the first time it might be interesting that, as actors, we were meeting for the first time while the cameras were rolling. I kind of thought, 'Well, that's a bit of extra lifting I don't think is really necessary.' But he really wanted to try it so I said, 'OK.' When he walked into the room all this stuff started pouring through my system that I couldn't have anticipated. It turned out to be a great idea."

Greenwood has been so busy, he had to rely on journalists to refresh his memory about Elephant Song, a movie he shot almost two years ago.

"It is one of those things where if you are doing 10 interviews in a row, the first two interviewers get the short end of the stick because during the interviews you're reminded of what the film was about. By the third interview, 20 minutes in, you remember what it was about the film that excited you and interested you and challenged you. Today after the first couple of interviews I hung up the phone and thought, 'God, those poor people must think I'm an idiot.'"

Olivia Wilde takes a stab at low-budget horror

Casting. Actress has done medical dramas and science fiction, but in The Lazarus Effect she kicks it up a notch by trying to bring back the dead

MATT PRIGGE
Metro in New York City

Olivia Wilde has played computer programs (Tron: Legacy) and an alien (in a movie for which this would be a spoiler), but in real life she's personable, talkative and friendly. She gets to play both sides of the fence in The Lazarus Effect, a low-budget horror in which she's a brilliant scientist experimenting with a serum that can bring the dead back to life — one that winds up being used on her when she's accidentally killed, with horrific consequences.

You've said you're very analytical when it comes to scripts. How did that apply to this project?
I tend to get really analytical with the material. My nickname on a few films has been The Logic Police. Even with this film, where logic seemingly should not count, I still held everyone to the rules we established. That's how I view films. When I watch something, I will buy anything. Any kind of story you want to give me I'm happy to watch — as long as it's consistent with the rules you lay out.

A lot of horror films about scientists tend to be anti-science, but this walks a fine line of being respectful of scientists and wary of some of the deeply flawed and all-too-human actions some characters take.
We didn't want it to seem horribly irresponsible of them. It clearly comes from a passionate place. If you think about how much has been developed in 50 years, it's insane. Triple bypass surgeries happen on a daily basis today; we're used to hearing about people surviving. If you went back and told your great-grandparents that, they'd think you were insane. The idea of a Lazarus serum is not completely off-base. We imagined it would be used to keep someone alive or bring them back to life as they flatline during a surgery, let's say — that you just need them to stay alive so you can finish the procedure. That's how we made sense to it. That probably is in the works, because there are things that have been developed to keep a heart pumping during surgery. There's all sorts of technology to keep our bodies moving when they're being taken apart. Having that logical basis to start from was important to me.

Does that come from playing a doctor on House for five years?
Yeah. I really love learning about medical technology, and I have such an enormous respect for doctors. They're superheroes. I wanted to make sure we didn't portray them as horribly irresponsible. I wanted to show they were coming from a good place and that it went horribly wrong. Science is not the enemy. It's human beings who mess up. It's hubris, as always, that leads us to disaster.

This is a horror film that's not stocked with typically horror film actors. You have Mark Duplass, who does indies, Donald Glover, who's synonymous with comedy, and yourself.
People mostly enjoy watching actors who are not known for horror because maybe they relate to them in a way that puts them in the scary situation the characters are in. It adds to the unpredictability of what horror can do. It's about misdirection.

Olivia Wilde appears in a scene from The Lazarus Effect.
DANIEL MCFADDEN/RELATIVITY MEDIA

On motherhood and acting

How much has becoming a mother changed your acting?

- "You can't tell when you watch the movie, but there were three shoots we did where I am 8 1/2 months pregnant. I didn't expect to be working at that stage of pregnancy. But in fact, it was kind of awesome, because my emotions were so close to the surface. I felt capable of anything, any human emotion, from misery to rage to extreme happiness. It's an amazing thing that happens with pregnancy and with motherhood. Since having my son, I feel I'm a better actress. But yeah, I was doing some shots with this huge belly. You'll notice me sometimes saying my lines over my shoulder in a weird way. (Laughs) That would be why."

Chemistry in the Cards for characters

TV. Actors Mahershala Ali and Molly Parker talk Remy and Jackie's understated love story

LISA WEIDENFELD
Metro in New York

Molly Parker and Mahershala Ali find love in the dark, twisty world of House of Cards. DAVID GIESBRECHT /FOR NETFLIX

House of Cards, Netflix's Macbeth-esque look at the extremes to which Frank Underwood and his wife Claire go to achieve and maintain power, is not known for love stories. But that's just what Mahershala Ali's lobbyist Remy Danton and Molly Parker's congresswoman Jackie Sharp find themselves in. We talked to them about why their characters are willing to take risks for love in a power-mad world.

On connection

Mahershala Ali: Remy has a lot of respect for Jackie. Sometimes you just can't explain chemistry, either. I think they hit it off in a way that kind of goes a little bit beyond words. He's just drawn to her. She's an attractive woman who wields a certain degree of power. I think the circles that Remy finds himself in, I think it's been difficult for him to find a partner. Someone who he can really have a conversation with on that level who he finds attractive, who challenges him.

Molly Parker: I mean, I think that Jackie and Remy have a very pure, hot, physical connection. ... Here's this man who is very much like her in many ways. He has a lot of the same qualities in terms of his intelligence and his ambitions and his willingness to sacrifice his life for power and money, and yet they have this incredibly deep pull towards one another for which they would have to risk all of these other things that they've worked for in order to be together.

On working together

Ali: I really just love working with Molly. And any way that I can get that, I'm really appreciative. I think (writer) Beau Willimon does a wonderful job as far as challenging us as actors and when we sit down and we're kind of co-creating and collaborating,

Molly and I get to really comb through it and try to get to the essence of the relationship and kind of dig into whatever scene it is that we're working on that day.

Parker: They're great scenes. Mahershala Ali is one of the most loving human beings I've ever met, truly, and we have such a great time with that relationship, just as actors, just sort of exploring all of the hidden dynamics of that relationship. It's really fun. He's so lovely.

From reel to reality

Show predicts political tensions

House of Cards' geopolitical plotline involving Kevin Spacey's freshly sworn-in president and the distinctly Putin-esque Russian leader Viktor Petrov (Lars Mikkelsen) may feel Xeroxed from the morning paper, but Cards creator Beau Willimon swears the show conceived the conflict first.

"Our concern in the writers' room was that it might be too far afield from reality, because at the time we were conceiving it, nothing was really going on with Russia aside from the Sochi Olympics," Willimon said this week in a telephone interview.

THE CANADIAN PRESS

New TTC fares March 1, 2015

March 1 to April 30, 2015:

An extra 10¢ cash fare is required when using a 2014 Senior/Student Ticket.

May 1, 2015:

2014 Senior/Student Tickets and Day Passes cannot be used and can be returned for a refund.

2013 and 2014 Child Tickets can also be returned for a refund.

Fares Effective March 1, 2015	Adult	Student 13 – 19 years*	Senior 65 years and over*
Cash	$3.00	$2.00	
Tokens/Tickets	$2.80 minimum 3 tokens/$8.40	$1.95 tickets sold in multiples of 5 /$9.75	
Presto	$2.80	$1.95	
Weekly Pass	$40.75	$33.00	
Monthly Metropass	$141.50	$112.00	

Child 12 years of age or under: Free

Post-Secondary Student*: Monthly Metropass $112.00

Family / Day Pass: $11.50

Greater Toronto Area Weekly Pass: $61.00

* Photo ID may be requested for Students, 16 and over, Post-Secondary Students and Seniors.

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Volunteers rally to battle cancer

Relay For Life helps fund support, research

This year's Toronto Relay For Life may be the largest of hundreds of team relay events held across Canada. In no small part, it's due to the hard work and motivation of dedicated volunteers like Shubha Dasgupta.

Dasgupta has been actively involved with Relay For Life, the Canadian Cancer Society's signature fundraiser, for the past five years. This unforgettable event raises money for research and support services. Last year, money raised through Relay For Life helped more than 5,200 GTA cancer patients and their families through support services, such as rides to cancer treatments and peer support sessions.

Relay For Life helps the Canadian Cancer Society fund this important work so that fewer Canadians are touched by cancer, something Dasgupta knows too well.

"My grandmother raised me and was my heart and soul," says Dasgupta, this year's Toronto Relay For Life event chair. "When I was only 14, she was diagnosed with cancer and given only three months. I became her caregiver and held her in my arms when she died. She has been my inspiration to give back so others don't have to go through this.

"There's a sense of involvement and community to really make an impact on the lives of those living with cancer. What brought me here was my grandmother, but what keeps me here are all the amazing survivors I've met along the way. It's a testament to the fact we're winning — there are more cancer survivors now than ever before."

Participants in Relay For Life help fund hundreds of Canada's best and brightest researchers who are working tirelessly towards the next cancer breakthrough and make the cancer journeys of patients and their families easier.

"Together, we can show that we're fighting strong and working to beat this disease," Dasgupta says.

GATHER YOUR FRIENDS, FAMILY

Relay For Life is for participants of any age or fitness level. Accept the baton and be part of this year's Relay For Life. Rally your family, friends and co-workers for the Toronto event on June 13 at Fort York. To learn more and register, visit relayforlifeontario.ca or call 1-866-201-6202.

Shubha Dasgupta is this year's Toronto Relay For Life event chair. CONTRIBUTED

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Ricardo is a Canadian chef, television host and author on a mission: To unite people through the pleasure of food. Discover his delicious and simple recipes every Friday — just in time for the weekend

Beat the winter blahs with fresh citrus twist

Entertaining. This Lemon and Basil Scallops dish comes together quickly but will impress dinner guests

RICARDO COOKS
Chef Ricardo
Ricardo Magazine

For a dose of freshness choose recipes that combine savoury seafood and the tang of citrus, like this one, which comes together in less than an hour.

This recipe serves four. COURTESY RICARDOCUISINE.COM

Ingredients

Lemon Cream
- 1 cup (250 ml) 35% cooking cream
- 1/4 cup (60 ml) chicken broth
- Grated zest of 1 lemon
- 1 tsp (5 ml) lemon juice
- Salt and pepper

Basil Oil
- 1/4 cup (60 ml) olive oil
- 1/4 cup (11 g) chopped fresh basil
- 1/2 tsp (2 1/2 ml) lemon juice
- Salt and pepper

Vegetable Julienne
- 1/3 cup (76 g) butter
- 6 carrots, peeled and cut into julienne
- 1 leek, cut into julienne

Scallops
- 20 large scallops
- 2 tbsp (30 ml) olive oil
- Salt and pepper

Lemon Cream

1. In a saucepan, combine all the ingredients. Cook over medium heat for about 15 minutes to reduce by half. Season with salt and pepper. Keep warm.

Basil Oil

1. Combine all the ingredients in a small food processor or with a whisk. Set aside.

Vegetable Julienne

1. In a skillet, over medium heat, melt 3 tbsp of butter. Add the vegetables and cook for about 6 minutes. Season with salt and pepper. Keep warm.

Scallops

1. With the rack in the middle position, preheat the oven to 375 F (190 C).

2. In skillet over high heat, add 1 tbsp of the butter and 1 tbsp of the oil. Sear half the scallops for about 1 minute on each side. Season with salt and pepper. Set aside on a baking sheet. Repeat with the remaining scallops, butter, and oil. Place the baking sheet in the oven and cook for about 2 minutes.

3. Arrange vegetables in the centre of the plates and the scallops around them. Drizzle with lemon cream and run a thread of basil oil around the edge of plate. **FOLLOW RICARDO ON SOCIAL MEDIA AND ON RICARDOCUISINE.COM OR SUBSCRIBE TO HIS MAGAZINE'S ENGLISH EDITION, WHICH LAUNCHED IN 2014.**

Liquid Assets

New Zealand's bold flavours

LIQUID ASSETS
Peter Rockwell
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Wine is more than just a drink. It's an experience.

While where you are and who you're with can certainly affect your liquid enjoyment, for me nothing beats combining wine with food.

When I travel, I always look for the opportunity to eat my way into the mind of the winemaker.

You'd think that plan works best in old school wine-producing countries like those in Europe.

Not so. When I was in New Zealand last year, I was impressed by how wineries looked to their regional kitchens for inspiration, and this week's recipe from Chef Ricardo for lime and basil scallops sounds like a page out of the Kiwi cookbook.

In New Zealand, seafood is king and scallops are a national delicacy.

The citrus and herbal elements of Ricardo's dish match perfectly with a wine like Cloudy Bay's 2013 Sauvignon Blanc ($31.95 - $36.99), a white with rich, bold flavours that's earned the winery the reputation as one of New Zealand's best producers. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

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Deadline buyers and sellers

Canada's seven NHL teams have very different perspectives and goals to accomplish before Monday's trade deadline. Here's a look at where they stand as the clock ticks down to 3 p.m. on March 2.

THE CANADIAN PRESS

Ottawa Senators

Status: Sitters
Skinny: If the decision has been made not to trade long-time tough guy Chris Neil, the Senators may be best suited to stand pat. Defenceman Marc Methot is off the market thanks to his new contract, and Ottawa doesn't have many assets to sell off for spare parts.

Chris Neil FRANCOIS LAPLANTE/FREESTYLEPHOTO/GETTY IMAGES

Montreal Canadiens

Status: Buyers
Skinny: General manager Marc Bergevin already made a hockey trade by swapping skilled but inexperienced winger Jiri Sekac with Devante Smith-Pelly, a bigger and more physical player from the Anaheim Ducks. The Habs could use another defenceman, though, especially a right-handed one.

Jiri Tlusty CHRISTIAN PETERSEN/GETTY IMAGES

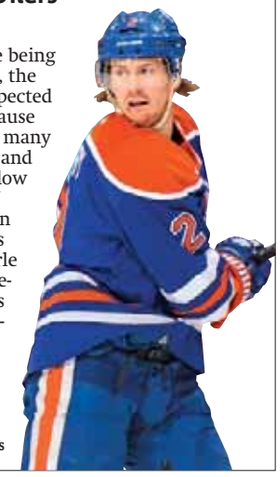
Winnipeg Jets

Status: Buyers
Skinny: The Evander Kane blockbuster set the table for what should be a legitimate playoff chase in Winnipeg, and the deal for Jiri Tlusty gave the Jets more needed depth. But with a chance to make the post-season for the first time in this incarnation, the Jets could still make another move.

Vancouver Canucks

Status: Sitters
Skinny: Ryan Miller's injury puts the onus on Eddie Lack and Jacob Markstrom, but the Canucks aren't in the market for another goaltender. Barring a collapse, Vancouver should be a playoff team and would hope to get Kevin Bieksa back from a hand injury at some point.

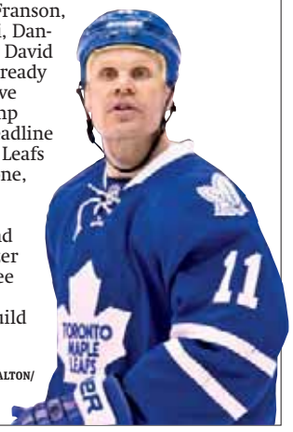
Edmonton Oilers



Status: Sellers
Skinny: Despite being last in the West, the Oilers aren't expected to be active because they don't have many movable pieces and don't want to blow up their core of Taylor Hall, Ryan Nugent-Hopkins and Jordan Eberle just yet. Defenceman Jeff Petry is Edmonton's biggest trade chip.

Jeff Petry DEREK LEUNG/GETTY IMAGES

Toronto Maple Leafs

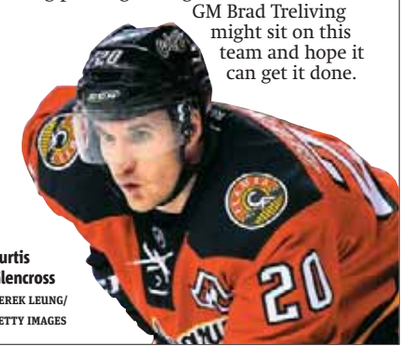


Status: Sellers
Skinny: Cody Franson, Mike Santorelli, Daniel Winnik and David Clarkson are already gone as GM Dave Nonis got a jump on the trade-deadline frenzy. But the Leafs are far from done, especially with Olli Jokinen, David Booth and Korbinian Holzer as impeding free agents and a large-scale rebuild coming soon.

Olli Jokinen TARA WALTON/TORSTAR NEWS SERVICE

Calgary Flames

Status: Sitters
Skinny: The Flames are in the playoff race in the Western Conference like the Jets, but they're still supposed to be on the upward climb and have a long-term plan. Other than dealing pending free agent Curtis Glencross, GM Brad Treliving might sit on this team and hope it can get it done.



Curtis Glencross DEREK LEUNG/GETTY IMAGES

Buds hang on to edge Flyers

In their first game without the traded David Clarkson, the Toronto Maple Leafs got a stellar performance from Jonathan Bernier to beat the Philadelphia Flyers.

Bernier stopped 47 of the 49 shots he faced in the 3-2 victory Thursday night at Air Canada Centre.

Phil Kessel, Tyler Bozak and a returning Dion Phaneuf supplied the goals for Toronto.

THE CANADIAN PRESS

Leafs ship Clarkson out for Horton

David Clarkson BERNARD WEIL/TORSTAR NEWS SERVICE

By trading David Clarkson to the Columbus Blue Jackets, the Toronto Maple Leafs got out from under the weight of their worst contract as they embark on a rebuilding project.

The Leafs sent Clarkson and his $5.25-million US cap hit for five more seasons to the Columbus Blue Jackets for injured winger Nathan Horton, who has a similar salary and term but could cost nothing on the cap while on long-term injured reserve.

"We get a player that, if he could ever come back, is an elite player," general manager Dave Nonis said Thursday night. "In the event he can't, we created some cap space."

Limited to just 36 games with Columbus and none this season because of back problems since signing there in the summer of 2013, the 29-year-old Horton may never play again. But that would simply allow the Leafs to use his $5.3-million salary elsewhere.

The return for Clarkson was almost inconsequential compared to dealing the underachieving right-winger and his albatross contract. After inking a $36.75-million, seven-year contract on July 5, 2013, Clarkson had just 15 goals and 11 assists in 118 games with the Leafs.

Clarkson was a healthy scratch for two straight games earlier this month, and given the structure of his contract, the Leafs seemingly had little recourse.

Earlier Thursday, the Leafs have acquired defenceman T.J. Brennan from Chicago in exchange for forward Spencer Abbott.

Brennan will report to the Toronto Marlies.

THE CANADIAN PRESS

Blue Jays get early sprinkle of bad luck

MLB. Saunders out till July after freak sprinkler accident

A Blue Jays roster already dotted with question marks became a little more uncertain Thursday.

News that Canadian Michael Saunders had suffered a knee injury in a freak sprinkler head accident added a red flag in left field and left Toronto manager John Gibbons with another spring-training headache.

The 28-year-old Victoria native is expected to undergo surgery to repair a torn meniscus and not be back until the mid-July all-star break, general manager Alex Anthopoulos said.

Slugger Edwin Encarnacion arrived Thursday to see Saunders hobble out.

"I drove my car inside and I see Saunders with the two crutches. Wow," Encarnacion said. "A little frustrating."

"Before spring training starts, it hurts," he added. "That's very hard for him and for the team because we need him."

Friday marks the first full workout for the team involving star position players like Encarnacion, Jose Bautista and Jose Reyes.

Gibbons has to sort out second base, settle on a centre-fielder, figure out his first base and designated hitter permutations, decide on his catching options beyond Russell Martin, choose a closer, and flesh out both his bullpen and the tail end of his starting rotation.

He remains optimistic, citing key additions like Martin and third baseman Josh Donaldson. "I think this is the best team we've had."

But he acknowledged it is proving to be one of the more challenging spring trainings.

"It's probably the most important, because we've got some decisions we've got to make that we've got to get right. There's some jobs at stake."

Saunders' left-handed bat will be missed. He hit .273 with eight home runs and 34 RBIs over 78 games in 2014.

The Jays had planned an outfield of Saunders in left, Canadian Dalton Pompey or Kevin Pillar in centre and Bautista in right. Pompey and Pillar have 96 big-league games between them.

Anthopoulos has already started making calls about possible outfield replacements but said any move would likely come at the end of the spring and would have to be tempered by what happens when Saunders returns.

THE CANADIAN PRESS

In detail

The six-foot-four, 225-pound Saunders, who arrived in a December trade that sent pitcher J.A. Happ to Seattle, had reported to camp early to get a head start with the Jays. He was shagging balls Wednesday morning at the team's training complex when he jammed his foot on a sprinkler head indentation.

Saunders said the pitch was a little wet at the time.

"It was a tiny bit slippery. I just think I stepped in the wrong spot."

Michael Saunders tore his left meniscus on a sprinkler at spring training and will have to undergo surgery to repair it. He's expected to return only at the mid-July all-star break. NATHAN DENETTE/THE CANADIAN PRESS

Cavs turn Warriors away

LeBron James defends the Cavaliers' basket against Golden State Warriors forward David Lee on Thursday night at Quicken Loans Arena in Cleveland. James filled the stat sheet in a vintage performance putting up 42 points, 11 rebounds, five assists and three steals in 110-99 win. The Cavs (37-22) are now just one game a back of the second-place Toronto Raptors (37-20) in the Eastern Conference standings. JASON MILLER/GETTY IMAGES

Raptors' all-star Lowry harsh in self assessment

Drenched in sweat and panting, Kyle Lowry had some choice words for himself during practice Thursday.

"I'm trash," he said, sitting on a Gatorade bucket with a bunch of microphones in his face.

"I'm trying to figure it out right now ... that's why I'm working hard and trying to get myself back on track."

The Raptors point guard clearly wants to sharpen up his game ahead of Friday night's matchup against the Golden State Warriors. The California club has the best record in the NBA (44-11), and features some of the most exciting players on the court this season in MVP front-runner Stephen Curry and Klay Thompson, both sharpshooting sons of former basketball pros.

It's hard enough facing such an opponent on any night, but the Raptors are coming off a rough road trip across the southern states, where they played four games in five nights and ended up going on a three-loss slide.

Lowry, the widely acknowledged team leader, said the Raps haven't played as well in the fourth quarter recently as they did earlier in the season, dropping winnable games against New Orleans and Dallas earlier this week, where the guard posted a relatively weak 26.7 per cent shooting and only came away with 11 points.

Raptors guard Kyle Lowry regain the Raptors' and his own killer instinct. THE CANADIAN PRESS

"It's always good to be back home, especially after a trip like that," Lowry said. "We're just trying to get back to our winning ways."

Coach Dwane Casey defended his star player, saying he was just being too hard on himself with that "trash" comment. Looking ahead, Casey said, he's confident shots will start to fall and that the team's offence will spark up again. After averaging 104 points per game in January, and 107 the month before that, Toronto has scored just 93 points on average over the past nine contests.

"I really do believe the offence will take care of itself with ball movement, spacing," said the coach, adding that players should stop worrying about missing shots and focus on hammering out well-rounded games for the full 48 minutes.

"Nobody's playing great basketball right now for us," he said, pointing out that this time last year, the Raptors had the sixth-best defence in the league. This time around they're sitting at 15th.

TORSTAR NEWS SERVICE

Quoted

"We gotta play a balanced all round game to be able to play in this league."

Raptors coach Dwane Casey

MLB

Jays take flyer on Johan Santana

The Toronto Blue Jays have signed two-time American League Cy Young Award winner Johan Santana to a minor-league contract with an invite to major-league spring training.

Johan Santana GETTY IMAGES

Santana, 35, has not appeared in a major-league game since 2012 due to a torn anterior capsule in his pitching shoulder he suffered before the 2013 season while with the New York Mets. THE ASSOCIATED PRESS

NHL

Devils deal Jagr to Panthers

The Florida Panthers acquired Jaromir Jagr from the New Jersey Devils on Thursday for a second-round pick in June and either Florida or Minnesota's third-round pick in 2016.

Jagr had 11 goals and 18 assists in 57 games this season. THE ASSOCIATED PRESS

Rathan-Mayes steals the show in NCAA

College basketball. Canadian prodigy scores 26 points in a row, 30 in just four minutes 38 seconds

Canada's Xavier Rathan-Mayes had never been in a shooting zone quite like it.

Every time the Florida State guard touched the ball late in Wednesday night's game against Miami, he felt his shot would be going in. Rathan-Mayes almost singlehandedly brought the Seminoles back into it with a remarkable scoring run that featured some eye-popping statistics.

At one point, he scored 26 points in a row for Florida State and had 30 points over the final four minutes 38 seconds. The Hurricanes held on for an 81-77 win, but the Toronto guard stole the show.

"I just felt like I was in a gym by myself and everything was quiet," Rathan-Mayes told The Canadian Press on Thursday from Tallahassee, Fla. "It was an amazing feeling. I've never been in that mindframe before."

Quoted

"I just felt like I was in a gym by myself and everything was quiet."

Xavier Rathan-Mayes

The 20-year-old freshman completed his 26-point run in just 3:36 and finished the game with a career-high 35 points. Over 36 minutes, Rathan-Mayes was 10 of 19 from the field and six of 11 from three-point range.

Montay Brandon was the only other Florida State player in double digits with 11 points. Miami's Davon Reed hit two free throws with two seconds left to put the game out of reach.

Rathan-Mayes, a product of Huntington Prep, is enjoying an impressive rookie season. He leads the Seminoles with an average of 14.4 points per game and already holds the school's all-time record for points in a season by a freshman (402) with two games still to play.

He's 11th overall in ACC scoring and one of only two first-year players in the conference's top 25.

THE CANADIAN PRESS

Xavier Rathan-Mayes recorded a performance for the ages for the Florida State Seminoles on Wednesday. GRANT HALVERSON/GETTY IMAGES

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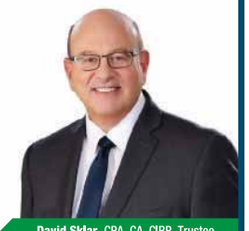

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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
A clash of egos is likely over the next 24 hours but that's OK. It's time you reminded certain people that you are the boss. Don't go too far though.

♉ Taurus
April 21 - May 21
You will go out of your way to calm someone down but your efforts may not be enough. The fact is their emotions are a bit raw, so make allowances.

♊ Gemini
May 22 - June 21
Ask others for their opinions today but don't let what they say bind you to a certain course of action. Others will respect you more if you act according to your own principles.

♋ Cancer
June 22 - July 23
No one is perfect, not even a Cancer, and if you accept that fact you won't waste valuable time worrying that you failed to live up to expectations.

♌ Leo
July 24 - Aug. 23
Someone will appeal to your sense of duty but you must not blindly do as they ask. You are willing to help but you must be convinced that what you are doing is for the greater good.

♍ Virgo
Aug. 24 - Sept. 23
You will trust what you are told on the work front today, simply because the person doing the telling is someone you look up to. However, according to the planets they have got it wrong.

♎ Libra
Sept. 24 - Oct. 23
You cannot solve your problems by throwing cash at them. If anything that will just make matters worse. According to the planets it won't be long before a better way presents itself.

♏ Scorpio
Oct. 24 - Nov. 22
Spend as much time as you can with loved ones because over the weekend they will be very busy and you will have things to occupy you as well.

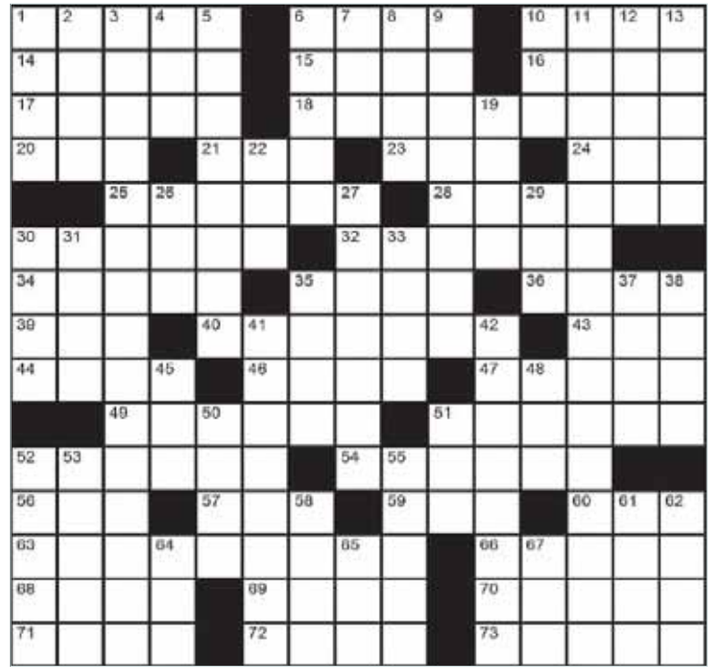
♐ Sagittarius
Nov. 23 - Dec. 21
If someone throws their weight around your instinct will be to start throwing things back at them, but don't be too hasty. A more effective response is to ignore them.

♑ Capricorn
Dec. 22 - Jan. 20
Be careful when dealing with people in positions of authority today. It does not matter that you are right, what matters is that they have the power.

♒ Aquarius
Jan. 21 - Feb. 19
A loved one will tell you something you don't want to hear today, not least because it involves bad things about a person you like. Their motive is to drive a wedge between you.

♓ Pisces
Feb. 20 - March 20
Someone you live or work with will try to take liberties over the next 24 hours and you must not let them get away with it. If they do it once they will try again!

Crossword: Canada Across and Down by Kelly Ann Buchanan



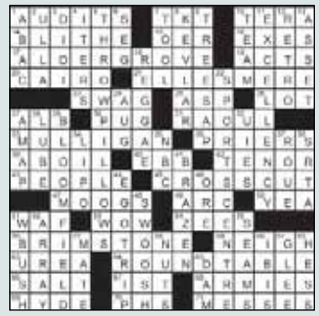
Across

1. "Sing, Sing, Sing" drummer, Gene __ (b.1909 - d.1973)
6. Brood
10. Scheduled date, briefly
14. Banqueted
15. Bee Gees: "More __ a Woman"
16. Ms. Kunis
17. Annually, __ _ year
18. New Brunswick community known for a tragic 1959 storm
20. Old English letter
21. Curly's pal
23. __-Fi
24. Personal history blurb
25. Guarantee
28. Coach in Archie Comics
30. Workshop tools
32. Sun: French
34. Primitive painter of France, __ 'Le Douanier' Rousseau
35. A-F link
36. Batch
39. 'Prop' suffix (Fuel)
40. Spectators' cry of double displeasure
43. Spring month
44. Mrs. Lincoln's maiden name
46. Emily Carr book, __ Wyck
47. Janis Joplin's nickname
49. Red Square city
51. Arctic Circle = __ Arctique
52. Music-listener's purchase
54. Mr. John of CBC comedy "Mr. D"
56. Angle type, briefly
57. Sundance Film Festival actor ...his initials-sharers
59. Mythical bird
60. Gremlin
63. Frisbee's friend
66. Vietnam's capital
68. Prefix meaning 'Within'
69. Friend for Francoise
70. Spew
71. Curious George co-writers Margret and H.A.
72. Front-of-the-pack position
73. Cheeky

Down

1. "Mother-in-Law": 1961 hit for Ernie _-__
2. Tangerine part
3. Righteous Brothers hit: 2 wds.
4. Baseball great, "__ Wee" Reese
5. Eve's origins: 2 wds.
6. Turn
7. Hesitant sounds
8. Quebec 'lakes'
9. Moose __, Canadian parka company
10. "Who __ _ to say?"
11. Virgil's smuggled goods in Mordecai Richler's 1959 novel The Apprenticeship of Duddy Kravitz: 2 wds.
12. SVP part
13. Old El Paso creations
19. "The Green __" (1999)
22. 'Humor' suffix
26. Sun. message
27. Shuns
29. '_' __ for Elmira
30. Excellent, in slang
31. Stand-up guy Jay
33. Garfield's pal
35. Western-style tie
37. Actor, James __ Jones
38. Actor Noah
41. Wild West - 1881: Legendary gunfight site in Arizona, _._. __
42. Song by Canadian band Walk Off The Earth
45. Val-_'__, Quebec
48. Hosp. units
50. Parched
51. __-Magnon Man
52. Post-rehab state
53. Bluegrass musician, _ __ Burnett
55. Recommended strongly
58. Ditto
61. Supermodel Kate
62. Sympathy
64. Feb. and Mar.
65. Ms. Peeples
67. Title in Turkey, variantly

Yesterday's Crossword

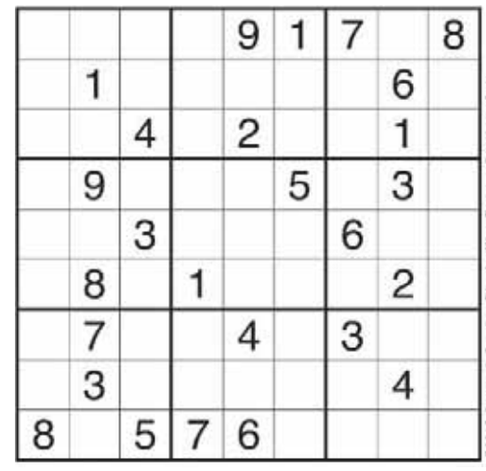


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

5	1	6	4	9	2	8	7	3
8	4	7	1	6	3	5	9	2
2	9	3	8	7	5	6	4	1
3	6	4	5	2	8	9	1	7
1	8	9	6	3	7	4	2	5
7	5	2	9	1	4	3	8	6
9	2	1	3	4	6	7	5	8
6	7	5	2	8	9	1	3	4
4	3	8	7	5	1	2	6	9

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